

B	I	N	G	O
My mindful awareness strengthens me daily.	Each mindful moment builds my resilience.	I can go at my own pace.	I release tension and embrace relaxation.	I give myself permission to rest.
I am grateful for this moment and all it brings.	It's okay to slow down.	I notice I feel I let go.	Each moment is an opportunity to learn and grow.	I unwind my body and calm my mind.
I adapt to change with mindfulness.	I feel the sun's warmth on my skin and in my soul.	FREE	I focus on my progress not my perfection.	I take mindful breaks throughout my day.
I follow the breath in and out.	I release fear and embrace courage.	I choose to focus on the present.	I grow through what I go through.	I choose growth over fear.
I allow joy to flow freely through my day.	I am fully present and engaged.	I move through this day one breath at a time.	I appreciate the beauty of each moment.	I pause to appreciate the wind the trees and the sky.

B	I	N	G	O
My mindfulness is my greatest tool for growth.	I soothe myself with my breath.	I release fear and embrace courage.	I notice I feel I let go.	I take mindful breaks throughout my day.
I allow joy to flow freely through my day.	I am fully present and engaged.	I pause to appreciate the wind the trees and the sky.	I grow through what I go through.	I am grateful for this moment and all it brings.
I move through this day one breath at a time.	Each moment is an opportunity to learn and grow.	FREE	I feel the sun's warmth on my skin and in my soul.	Each mindful moment builds my resilience.
I give myself permission to rest.	My mindful awareness strengthens me daily.	My mindfulness supports my resilience and courage.	I appreciate the beauty of each moment.	I adapt to change with mindfulness.
I release tension and embrace relaxation.	I breathe in acceptance and breathe out pressure.	I focus on my progress not my perfection.	I can go at my own pace.	I choose to focus on the present.

B	I	N	G	O
I move through this day one breath at a time.	I am grateful for this moment and all it brings.	I release fear and embrace courage.	I pause to appreciate the wind the trees and the sky.	I breathe in acceptance and breathe out pressure.
Each moment is an opportunity to learn and grow.	My mindfulness supports my resilience and courage.	I can go at my own pace.	My mindfulness is my greatest tool for growth.	My breath anchors me in the now.
I appreciate the beauty of each moment.	I take mindful breaks throughout my day.	FREE	I follow the breath in and out.	I release tension and embrace relaxation.
Each mindful moment builds my resilience.	I am fully present and engaged.	I grow through what I go through.	I focus on my progress not my perfection.	I embrace life's ups and downs with mindfulness.
My mindful awareness strengthens me daily.	I adapt to change with mindfulness.	I unwind my body and calm my mind.	I allow joy to flow freely through my day.	It's okay to slow down.