B	I	N	G	O
I will get through this.	I am a good person.	I am strong.	I have skills.	I can reach my goals.
I am great at _____.	I will achieve my goals.	I chose to be happy.	I am a team-player.	I trust in myself.
It is ok for me to be me.	I am awesome.	**FREE**	I believe in myself.	I can ask for help.
I love who I am.	I can calmly work out problems.	I chose to be healthy.	I am working hard.	I choose to make positive choices.
I am calm.	I help others.	I am happy.	Things will work out.	I am loved.

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B	I	N	G	O
It is ok for me to be me.	Things will work out.	I am a team-player.	I can calmly work out problems.	I am great at _____.
I have skills.	I can ask for help.	I am strong.	I choose to make positive choices.	I am awesome.
I believe in myself.	I am a good person.	**FREE**	I am working hard.	I chose to be healthy.
I am loved.	I will get through this.	I am happy.	I love who I am.	I am calm.
I can reach my goals.	I am worthy.	I trust in myself.	I chose to be happy.	I will achieve my goals.

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B	I	N	G	O
I love who I am.	I am working hard.	It is ok for me to be me.	I am loved.	I have skills.
I help others.	I trust in myself.	Things will work out.	I can calmly work out problems.	I am awesome.
I chose to be healthy.	I am a team-player.	**FREE**	I believe in myself.	I am strong.
I am worthy.	I can reach my goals.	I am calm.	I am a good person.	I will get through this.
I will achieve my goals.	I chose to be happy.	I can ask for help.	I choose to make positive choices.	I am happy.

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