

B	I	N	G	O
What is something that you have forgiven yourself for?	Describe something someone can do to make you happy	I am special because _____	Talk about someone special in your life	Say something positive about yourself
I am best at _____	What is one thing you do for yourself that makes you feel good?	Share one of the greatest compliments you have received	Discuss how having an illness affects your self-esteem	Share what you consider to be a personal accomplishment
What does self-esteem mean?	What is something you would like to hear someone say about you	FREE	Give a compliment to the person on your left	Name one thing you can do very well
One important thing I plan to do today is _____	What are 2 qualities that make you a good friend?	Say something positive about yourself	Name one thing you are grateful for	Share a happy event in your life
I feel best when _____	Give a compliment to the person on your right	Share something you would like to do but haven't	What is your biggest strength / something you are really good at?	I am lovable because _____

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One important thing I plan to do today is _____	Give a compliment to the person on your left	FREE	Name one thing you can do very well	Describe something someone can do to make you happy
Name one thing you are grateful for	Share something you would like to do but haven't	What is something that you have forgiven yourself for?	I am lovable because _____	What are 2 qualities that make you a good friend?
Say something positive about yourself	Share a happy event in your life	What does self-esteem mean?	What is one thing you do for yourself that makes you feel good?	I feel best when _____

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What does self-esteem mean?	I am lovable because _____	FREE	What are 2 qualities that make you a good friend?	Name one thing you are grateful for
What is something you would like to hear someone say about you	Share what you consider to be a personal accomplishment	Talk about someone special in your life	What is your biggest strength / something you are really good at?	I am special because _____
Name one thing you can do very well	Describe something someone can do to make you happy	Share one of the greatest compliments you have received	I am best at _____	I feel best when _____