

B	I	N	G	O
My opinion matters	I am a hard worker	I am special	I respect my body	I have all the tools to be successful
I am happy	My dreams are achievable	I love myself	I am becoming better each day	I overcome my challenges
I will ask for help	There is someone who loves me	FREE	I am calm	I care about school
I do not regret yesterday and I am excited for tomorrow	I stand up for myself	I have a positive attitude	I care about my myself	I have good friends
I can't control everything	I am completely unique	I never give up	Though times may be difficult they will eventually get better	I am healthy

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I do not regret yesterday and I am excited for tomorrow	I am calm	FREE	I care about school	I am a hard worker
I care about my myself	I never give up	My opinion matters	I am healthy	I stand up for myself
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I will ask for help	I am healthy	FREE	I stand up for myself	I care about my myself
There is someone who loves me	I overcome my challenges	I respect my body	Though times may be difficult they will eventually get better	I am special
I care about school	I am a hard worker	I love myself	I am happy	I can't control everything