B	I	N	G	O
I respect others values and ideas	I am a good friend	I am good at a hobby	I control the hours and environment in which I sleep	I can help someone
I am fair	I have worth	I can recognize when other people are struggling and be supportive	I am a good listener	I can use new strategies to cope with difficult situations
I have quality relationships	I value myself	**FREE**	I am creative	I can admit my mistakes
I can be open to trying something new	I have a healthy and balanced diet	I can do anything I put my mind to	I am respectful to others	I can put forth new ideas
I am honest	I am enough	I can take pleasure in everyday activities	I want to make a difference	I am generous

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B	I	N	G	O
I value myself	I am a good listener	I control the hours and environment in which I sleep	I am fair	I can recognize when other people are struggling and be supportive
I am good at a hobby	I want to make a difference	I can help someone	I am enough	I can use new strategies to cope with difficult situations
I can be open to trying something new	I am creative	**FREE**	I can admit my mistakes	I am a good friend
I am respectful to others	I can take pleasure in everyday activities	I respect others values and ideas	I am generous	I have a healthy and balanced diet
I can do anything I put my mind to	I can put forth new ideas	I have quality relationships	I have worth	I am honest

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B	I	N	G	O
I am enough	I can take pleasure in everyday activities	I am a good listener	I can put forth new ideas	I am creative
I respect others values and ideas	I can be open to trying something new	I can do anything I put my mind to	I have worth	I can help someone
I have quality relationships	I am generous	**FREE**	I have a healthy and balanced diet	I am respectful to others
I value myself	I can use new strategies to cope with difficult situations	I control the hours and environment in which I sleep	I want to make a difference	I am good at a hobby
I can admit my mistakes	I am a good friend	I can recognize when other people are struggling and be supportive	I am fair	I am honest

Self esteem Bingo Card #3 of 3

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