

B	I	N	G	O
Stand up and say "I am _____ and I can do anything I set my mind to"	Acceptance	Give the person across from you a compliment.	Share a happy event in your life	Negative Self Talk
Give a compliment to the person to your left	Stand up and let everyone give you an applause	Relationships	Compliment the person to the right of you.	Self-esteem
Share a happy event in your life	Talk about someone you admire	FREE	Describe something someone could do to make you happy.	I'm happiest when I _____.
My favorite part of the day	Share a characteristic you admire	Name something you would like to be better at.	I feel good about my self when_____.c you admire	Positive Self Talk
High Self esteem	Describe the perfect job/career	Say something positive about yourself	Talk about the three things you are grateful for.	Give someone in the group a high five

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Talk about someone you admire	Compliment the person to the right of you.	Share a happy event in your life	Give a compliment to the person to your left	Relationships
Give the person across from you a compliment.	Talk about the three things you are grateful for.	Negative Self Talk	Describe the perfect job/career	Self-esteem
My favorite part of the day	Describe something someone could do to make you happy.	FREE	I'm happiest when I _____.	Acceptance
I feel good about my self when_____.c you admire	Say something positive about yourself	Stand up and say "I am _____ and I can do anything I set my mind to"	Give someone in the group a high five	Share a characteristic you admire
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Describe the perfect job/career	Say something positive about yourself	Compliment the person to the right of you.	Positive Self Talk	Describe something someone could do to make you happy.
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Talk about someone you admire	Self-esteem	Share a happy event in your life	Talk about the three things you are grateful for.	Give the person across from you a compliment.
I'm happiest when I _____.	Acceptance	Relationships	Give a compliment to the person to your left	High Self esteem