

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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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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