B	I	N	G	O
It's okay to be unique	Don't strive for perfection	I am strong	I have the power to change myself for the better	I can make my own choices
I am growing	I will continue to learn and grow	I can understand others	Focus on things you can change	I did my best
I see the good in others	Positive Self-Talk	**FREE**	I act with confidence	I can forgive myself
I can forgive others	I love myself	I can learn from mistakes	I can choose to be happy	I can understand myself
I am unique	I am creative	I deserve to be happy	Supportive Friends	I am resilient

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B	I	N	G	O
Positive Self-Talk	Focus on things you can change	I have the power to change myself for the better	I am growing	I can understand others
I am strong	Supportive Friends	I can make my own choices	I am creative	I did my best
I can forgive others	I act with confidence	**FREE**	I can forgive myself	Don't strive for perfection
I can choose to be happy	I deserve to be happy	It's okay to be unique	I am resilient	I love myself
I can learn from mistakes	I can understand myself	I see the good in others	I will continue to learn and grow	I am unique

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B	I	N	G	O
I am creative	I deserve to be happy	Focus on things you can change	I can understand myself	I act with confidence
It's okay to be unique	I can forgive others	I can learn from mistakes	I will continue to learn and grow	I can make my own choices
I see the good in others	I am resilient	**FREE**	I love myself	I can choose to be happy
Positive Self-Talk	I did my best	I have the power to change myself for the better	Supportive Friends	I am strong
I can forgive myself	Don't strive for perfection	I can understand others	I am growing	I am unique

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