B	I	N	G	O
I will get through this.	I am a good person.	I am strong.	I love who I am.	I can reach my goals.
I am happy.	I will achieve my goals.	I chose to be healthy.	I am a team-player.	I help others.
I trust in myself.	I am awesome.	**FREE**	I chose to be happy.	I am worthy.
I believe in myself.	I now give and receive love.	I calmly work out problems.	I have skills.	I reach out.
I am working hard.	I am stronger every day.	I choose to make positive choices.	I am calm.	I am great at recognizing my emotions.

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B	I	N	G	O
I chose to be happy.	I can reach my goals.	I am awesome.	I trust in myself.	I am calm.
I love who I am.	I am worthy.	I believe in myself.	I will achieve my goals.	I am a team-player.
It is ok for me to be me.	I choose to make positive choices.	**FREE**	I am happy.	I am strong.
I have skills.	I help others.	I chose to be healthy.	I now give and receive love.	I am great at recognizing my emotions.
I am a good person.	I will get through this.	Things will work out.	I am radiant happy and whole.	I am stronger every day.

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B	I	N	G	O
I chose to be happy.	I am happy.	I have skills.	I am radiant happy and whole.	I am a team-player.
I am a good person.	Things will work out.	It is ok for me to be me.	I am great at recognizing my emotions.	I will achieve my goals.
I am loved.	I now give and receive love.	**FREE**	I calmly work out problems.	I help others.
I choose to make positive choices.	I believe in myself.	I am worthy.	I am awesome.	I reach out.
I am calm.	I trust in myself.	I can reach my goals.	I am strong.	I chose to be healthy.

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