

B	I	N	G	O
It is ok for me to be me.	I am a good person.	I am strong.	I matter.	I choose to make positive choices.
I am happy.	I will achieve _____.	I embrace challenges.	I am a team-player.	I trust in myself.
I am awesome.	I calmly work out problems.	FREE	I can reach my goals.	I reach out.
I choose happiness.	I love who I am.	I am worthy.	I chose to be happy.	I am working hard.
I am brave.	I am exactly where I need to be.	I chose to be healthy.	I am loved.	I help others.

B	I	N	G	O
My best quality is _____.	I now give and receive love.	I love who I am.	I embrace challenges.	I reach out.
I am brave.	I am exactly where I need to be.	I help others.	I chose to be happy.	I am happy.
I chose to be healthy.	I am a team-player.	FREE	I calmly work out problems.	I am a good person.
I choose to make positive choices.	It is ok for me to be me.	One goal is to _____.	I am loved.	I am awesome.
I matter.	I am radiant happy and whole.	I can reach my goals.	I am strong.	I am worthy.

B	I	N	G	O
I chose to be healthy.	I am happy.	I love who I am.	I help others.	I am radiant happy and whole.
I am a team-player.	One goal is to _____.	I am strong.	My best quality is _____.	I will get through this.
I am loved.	I reach out.	FREE	I choose happiness.	I matter.
I am a good person.	I am exactly where I need to be.	I chose to be happy.	I can reach my goals.	I believe in myself.
It is ok for me to be me.	I am awesome.	I trust in myself.	I am brave.	I will achieve _____.