

B	I	N	G	O
I will not give up	All of my problems have solutions	I am my own superhero	I like my appearance	I don't sweat the small stuff
I am cared for	I trust myself	I let go of anger	I am a unique child of this world	I play a big role in my success
The past has no power over me	I am beautiful	FREE	I am strong	I am worth it
I love and approve of myself	I choose to participate in today	I let go of worries that drain me	I am safe and sound	I forgive myself
I am brave	I like myself	I am in charge of how I feel	Today will be a gorgeous day	I am in control

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The past has no power over me	Today will be a gorgeous day	I am a unique child of this world	I choose to participate in today	I am cared for
I like my appearance	I am worth it	I am my own superhero	I forgive myself	I am beautiful
I am strong	All of my problems have solutions	FREE	I am safe and sound	I let go of worries that drain me
I am in control	I will not give up	I am in charge of how I feel	I love and approve of myself	I am brave
I don't sweat the small stuff	I am smart	I play a big role in my success	I let go of anger	I trust myself

B	I	N	G	O
I love and approve of myself	I am safe and sound	The past has no power over me	I am in control	I like my appearance
I like myself	I play a big role in my success	Today will be a gorgeous day	I choose to participate in today	I am beautiful
I let go of worries that drain me	I am a unique child of this world	FREE	I am strong	I am my own superhero
I am smart	I don't sweat the small stuff	I am brave	All of my problems have solutions	I will not give up
I trust myself	I let go of anger	I am worth it	I forgive myself	I am in charge of how I feel