

B	I	N	G	O
Treat yourself weekly.	Compliment Yourself Daily.	Name an accomplishment that made you proud.	Share your favorite food that makes you happy.	Name your favorite time of year that makes you happy.
I feel best when people...	Talk about something you admire in yourself.	Share a happy event in your life.	Give a compliment to yourself while in the group.	Share the greatest compliment you have ever received.
Talk about 3 things you are grateful for.	What do I like about who I am?	FREE	I am good at.	Name something you are great at.
Name something you are proud of yourself for.	Share your favorite vacation with the group.	Name something you could do to make you happy.	Name something that you would like to accomplish before the year ends?	Share a characteristic you admire in yourself.
Name an activity you are good at.	I am happiest when I...	Share something you would like to do and haven't yet.	What do others say they like about you?	I feel good about myself when...

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Name something you are proud of yourself for.	I am good at.	FREE	Name something you are great at.	Compliment Yourself Daily.
Name something that you would like to accomplish before the year ends?	Share something you would like to do and haven't yet.	Treat yourself weekly.	I feel good about myself when...	Share your favorite vacation with the group.
Name something you could do to make you happy.	Share a characteristic you admire in yourself.	Talk about 3 things you are grateful for.	Talk about something you admire in yourself.	Name an activity you are good at.

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