

B	I	N	G	O
Talk about someone you admire	Acceptance	Give an example of Positive Self Talk	Share a characteristic you admire	Name something you would like to be better at.
Give a compliment to the person to your left	Stand up and say "I am _____ and I can do anything I set my mind to"	Say something positive about yourself	Compliment the person to the right of you.	Share a happy event in your life
Stand up and let everyone give you an applause	Talk about the three things you are grateful for.	FREE	Describe something someone could do to make you happy.	I feel good about my self when_____.
I'm happiest when I _____.	Share a happy event in your life	My favorite part of the day	Give the person across from you a compliment.	Relationships
Give someone in the group encouragement	Describe the perfect job/career	Self-esteem	What makes you feel worse about yourself?	Give an example of Negative Self Talk

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