

B	I	N	G	O
My best quality is _____.	I am a G.A.M.E Changer	I am radiant happy and whole.	I love who I am.	I can reach my goals.
I am great at _____.	I will get through this.	I chose to be healthy.	I am a good person.	I will achieve _____.
I am a team-player.	I am worthy.	FREE	I believe in myself.	I trust in myself.
I calmly work out problems.	I help others.	I am stronger every day.	I choose to make positive choices.	I am strong.
I am awesome.	I am calm.	I chose to be happy.	I am happy.	I have skills.

B	I	N	G	O
One goal is to _____.	I now give and receive love.	I help others.	I chose to be healthy.	I trust in myself.
I am awesome.	I am calm.	I have skills.	I choose to make positive choices.	I am great at _____.
I chose to be happy.	I am a good person.	FREE	I am worthy.	I am a G.A.M.E Changer
I can reach my goals.	My best quality is _____.	Things will work out.	I am happy.	I am a team-player.
I love who I am.	I am loved.	I believe in myself.	I am radiant happy and whole.	I am stronger every day.

B	I	N	G	O
I chose to be happy.	I am great at _____.	I help others.	I have skills.	I am loved.
I am a good person.	Things will work out.	I am radiant happy and whole.	One goal is to _____.	It is ok for me to be me.
I am happy.	I trust in myself.	FREE	I calmly work out problems.	I love who I am.
I am a G.A.M.E Changer	I am calm.	I choose to make positive choices.	I believe in myself.	I am working hard.
My best quality is _____.	I am a team-player.	I will achieve _____.	I am awesome.	I will get through this.