

B	I	N	G	O
My best quality is _____.	I am appreciated.	I am strong.	I now give and receive love.	I choose to make positive choices.
I am loved.	I will get through this.	I have skills.	I am enough.	I will achieve _____.
I am happy.	I believe in myself.	FREE	I calmly work out problems.	I trust in myself.
I can reach my goals.	I love who I am.	I am wealthy.	I chose to be happy.	I am successful.
I am healthy.	I am intelligent.	I chose to be healthy.	I am protected and well respected.	I help others.

B	I	N	G	O
One goal is to _____.	I reach out.	I love who I am.	I have skills.	I trust in myself.
I am healthy.	I am intelligent.	I help others.	I chose to be happy.	I am loved.
I chose to be healthy.	I am enough.	FREE	I believe in myself.	I am appreciated.
I choose to make positive choices.	My best quality is _____.	Things will work out.	I am protected and well respected.	I am happy.
I now give and receive love.	I am radiant happy and whole.	I calmly work out problems.	I am strong.	I am wealthy.

B	I	N	G	O
I chose to be healthy.	I am loved.	I love who I am.	I help others.	I am radiant happy and whole.
I am enough.	Things will work out.	I am strong.	One goal is to _____.	It is ok for me to be me.
I am protected and well respected.	I trust in myself.	FREE	I can reach my goals.	I now give and receive love.
I am appreciated.	I am intelligent.	I chose to be happy.	I calmly work out problems.	I am worthy.
My best quality is _____.	I am happy.	I will achieve _____.	I am healthy.	I will get through this.