



Positive Affirmations Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 30 events:

I am a good person., I am a team-player., I am awesome., I am calm., I am great at _____., I am happy., I am loved., I am radiant happy and whole., I am strong., I am stronger every day., I am working hard., I am worthy., I believe in myself., I calmly work out problems., I can reach my goals., I choose to make positive choices., I chose to be happy., I chose to be healthy., I have skills., I help others., I love who I am., I now give and receive love., I reach out., I trust in myself., I will achieve _____., I will get through this., It is ok for me to be me., My best quality is _____., One goal is to _____., Things will work out..



Positive Affirmations Bingo Call Sheet

This is a randomized list of all 30 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



I trust in myself.	I am a team-player.	I chose to be healthy.	I am stronger every day.	I believe in myself.
I am calm.	I am great at _____.	I am working hard.	I am a good person.	I am awesome.
I have skills.	I love who I am.	I choose to make positive choices.	I am worthy.	I am happy.
I chose to be happy.	I am radiant happy and whole.	I can reach my goals.	I reach out.	My best quality is _____.
I will get through this.	Things will work out.	It is ok for me to be me.	I am strong.	I will achieve _____.
One goal is to _____.	I calmly work out problems.	I now give and receive love.	I am loved.	I help others.

I believe in myself.	I chose to be healthy.	I chose to be happy.	I am great at _____.	I am loved.
I am happy.	I am working hard.	I can reach my goals.	I trust in myself.	One goal is to _____.
I love who I am.	I will achieve _____.	FREE	I now give and receive love.	I reach out.
I will get through this.	My best quality is _____.	I help others.	It is ok for me to be me.	I calmly work out problems.
I am worthy.	Things will work out.	I am stronger every day.	I am radiant happy and whole.	I am a good person.

This bingo card was created randomly from a total of 30 events.

I am a good person., I am a team-player., I am awesome., I am calm., I am great at _____., I am happy., I am loved., I am radiant happy and whole., I am strong., I am stronger every day., I am working hard., I am worthy., I believe in myself., I calmly work out problems., I can reach my goals., I choose to make positive choices., I chose to be happy., I chose to be healthy., I have skills., I help others., I love who I am., I now give and receive love., I reach out., I trust in myself., I will achieve _____., I will get through this., It is ok for me to be me., My best quality is _____., One goal is to _____., Things will work out..

I will get through this.	I help others.	I trust in myself.	I am great at _____.	Things will work out.
It is ok for me to be me.	I reach out.	I am a good person.	I believe in myself.	I am radiant happy and whole.
I am stronger every day.	My best quality is _____.	FREE	I am calm.	I chose to be healthy.
I am working hard.	I chose to be happy.	I can reach my goals.	I am strong.	I have skills.
I love who I am.	I am worthy.	I am a team-player.	I calmly work out problems.	One goal is to _____.

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