



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