



SELF - ESTEEM BINGO

I WILL HAVE HEALTHIER RELATIONSHIPS	I CAN TALK THINGS THROUGH IN TOUGH TIMES	I MAKE POOR DECISIONS	I AM A GOOD LISTENER	I CAN EXPRESS MYSELF OPENLY AND HONESTLY
I WILL REALISE MY FULL POTENTIAL	I CAN ACCEPT MISTAKES AS PART OF GROWING UP	I AM IMPATIENT WITH MYSELF	I ENJOY A GOOD CHALLENGE	I CAN EXERCISE
I WILL COME TO TERMS WITH MY PAST	I CAN THINK POSITIVELY	BINGO	I AM CREATIVE	I CAN BE RESPONSIBLE WITH MY MONEY
I WILL NOT FEEL SORRY FOR MYSELF	I CAN CELEBRATE PERSONAL ACHIEVEMENTS	I FEEL DEVERSTATED BY A PEERS CRITICISM	I AM A GOOD COMMUNICATOR	I CAN MANAGE MY ANGER
I WILL SEE MISTAKES AS OPPORTUNITIES FOR GROWTH	I CAN BE A GOOD FAMILY MEMBER	I EXPECT MYSELF TO BE PERFECT	I AM A LOYAL FRIEND AND FAMILY MEMBER	I CAN FIND OPPORTUNITIES FOR SPIRITUAL GROWTH



SELF - ESTEEM BINGO

I WILL BE RESPONSIBLE FOR MY BEHAVIOUR	I CAN HELP SOMEONE	I COMPARE MYSELF NEGATIVELY WITH OTHERS	I HAVE FAITH	I CAN HAVE QUALITY RELATIONSHIPS
I WILL NO LONGER NEED CONSTANT APPROVAL	I CAN ACCEPT MISTAKES AS PART OF GROWING UP	I WALLOW IN SELF-PITY	I AM GOOD AT A HOBBY	I CAN SPEND TIME ENJOYING THE OUTDOORS
I WILL COME TO TERMS WITH MY PAST	I CAN THINK POSITIVELY	BINGO	I AM CREATIVE	I CAN BE LESS CRITICAL OF MYSELF
I WILL REALISE MY FULL POTENTIAL	I CAN SET AND ACHIEVE GOALS	I EXPECT MYSELF TO BE PERFECT	I TAKE RESPONSIBILITY FOR THE HEALTH OF MY BODY	I CAN TAKE CARE OF MY PERSONAL LIVING SPACE
I WILL EXPERIENCE INCREASED SELF-CONFIDENCE	I CAN ACCEPT MY BODY AS IT IS	I HARBOUR GUILT, RESENTMENT AND VENGEFUL THOUGHTS	I AM A LOYAL FRIEND AND FAMILY MEMBER	I CAN FIND OPPORTUNITIES FOR SPIRITUAL GROWTH



SELF - ESTEEM BINGO

I WILL BE ABLE TO ACCEPT FEEDBACK	I CAN HELP SOMEONE	I RELY TOO HEAVILY ON OTHERS FOR APPROVAL	I HAVE A GOOD SENSE OF HUMOR	I CAN TAKE CARE OF MY PERSONAL LIVING SPACE
I WILL EXPERIENCE INCREASED SELF-ESTEEM	I CAN BE CREATIVE	I NEGATIVELY COMPARE MYSELF TO OTHERS	I VOLUNTEER TO HELP OTHERS	I CAN SET LIMITS
I WILL BE MORE SELF- ACCEPTING	I CAN MAKE HEALTHY CHOICES	BINGO	I AM ENVIRONMENTALLY RESPONSIBLE	I CAN MAKE HEALTHY FOOD CHOICES
I WILL REALISE MY FULL POTENTIAL	I CAN STOP NEGATIVE THINKING	I ENGAGE IN NEGATIVE OR CRITICAL SELF- TALK	I AM WELL ORGANISED	I CAN MANAGE MY TIME WELL
I WILL HAVE HEALTHIER RELATIONSHIPS	I CAN ACCEPT MY BODY AS IT IS	I HANG OUT WITH NEGATIVE OR EMOTIONALLY UNHEALTHY PEOPLE	I AM GOOD AT A HOBBY	I CAN HAVE QUALITY RELATIONSHIPS



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I WILL EXPERIENCE INCREASED SELF-ESTEEM	I CAN LOOK GOOD!	I AM IMPATIENT WITH MYSELF	I AM WELL ORGANISED	I CAN BE PROACTIVE IN MY MEDICAL NEEDS
I WILL BE ABLE TO EXPRESS MYSELF FULLY	I CAN THINK POSITIVELY	BINGO	I AM CREATIVE	I CAN DEVELOP A HEALTHY SUPPORT SYSTEM
I WILL NOT FEEL SORRY FOR MYSELF	I CAN STICK WITH A SOUND DECISION	I WALLOW IN SELF-PITY	I AM A GOOD COMMUNICATOR	I CAN BE RESPONSIBLE WITH MY MONEY
I WILL RESPECT MY OWN AND OTHERS' VALUES	I CAN CELEBRATE PERSONAL ACHIEVEMENTS	I FEEL DEVASTATED BY PEERS CRITICISM	I AM A GOOD STUDENT	I CAN MANAGE MY ANGER



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I WILL MAKE EFFECTIVE DECISIONS	I CAN PUT FORTH NEW IDEAS	I MAKE POOR DECISIONS	I KNOW MY STRENGTHS AND WEAKNESSES	I CAN MANAGE MY TIME WELL
I WILL COME TO TERMS WITH MY PAST	I CAN BE A SUPPORTIVE FRIEND	BINGO	I AM ENVIRONMENTALLY RESPONSIBLE	I CAN SET LIMITS
I WILL REALISE MY FULL POTENTIAL	I CAN STOP NEGATIVE AND CRITICAL THINKING	I TAKE CARE OF OTHERS BUT NOT MYSELF	I VOLUNTEER TO HELP OTHERS	I CAN RECOGNISE WHAT I DO WELL AND WHAT I DON'T DO WELL
I WILL EXPERIENCE INCREASED SELF-CONFIDENCE	I CAN BE A GOOD FAMILY MEMBER	I TAKE UNSAFE RISKS AND PAY THE CONSEQUENCES	I HAVE A GOOD SENSE OF HUMOUR	I CAN DEVELOP A HEALTHY SUPPORT SYSTEM



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I WILL RESPECT MY OWN AND OTHERS' VALUES	I CAN LOOK GOOD!	I AM IMPATIENT WITH MYSELF	I TAKE RESPONSIBILITY FOR THE HEALTH OF MY BODY	I CAN BE PROACTIVE IN MY MEDICAL NEEDS
I WILL BE OPEN TO TRYING SOMETHING NEW	I CAN STICK WITH A SOUND DECISION	I TAKE UNSAFE RISKS	I AM ENVIRONMENTALLY RESPONSIBLE	I CAN SPEND MY TIME ENJOYING THE OUTDOORS
I WILL BE ABLE TO EXPRESS MYSELF FULLY	I CAN BE A SUPPORTIVE FRIEND	BINGO	I AM A GOOD STUDENT	I CAN MANAGE MY ANGER
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I WILL HAVE HEALTHIER RELATIONSHIPS	I CAN SET AND ACHIEVE GOALS	I LOSE MY TEMPER	I HAVE A GOOD SENSE OF HUMOUR	I CAN FIND OPPORTUNITIES FOR SPIRITUAL GROWTH



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I WILL BE RESPONSIBLE FOR MY BEHAVIOUR	I CAN ACCEPT MY BODY IS AS IT IS	I BLAME AND TAKE THINGS OUT ON OTHERS	I AM A LOYAL FRIEND AND FAMILY MEMBER	I CAN FIND OPPORTUNITIES FOR SPIRITUAL GROWTH
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