



Self-Esteem Bingo

BE GRATEFUL	LET NEGATIVE PEOPLE GO	PUT YOURSELF FIRST	PRACTICE SELF AWARENESS	AFFIRM YOURSELF OFTEN
EXPRESS FEELINGS	ACCEPT FAILURES AS PART OF GROWTH	FACE FEARS	MANAGE TIME	MAKE TIME FOR REST
EXERCISE	CULTIVATE HOBBIES	<i>Free</i>	LIVE HUMBLLY	BE KIND TO YOURSELF
HONOR YOUR WORD TO OTHERS	CHEER FOR YOURSELF	LOVE YOURSELF MORE THAN OTHERS WILL	DREAM BIG & PLAN ON IT	CHALLENGE LIMITING BELIEFS
HELP SOMEONE	STOP WORRYING ABOUT WHAT OTHERS THINK	HEAL YOUR PAST	READ SOMETHING INSPIRATIONL	RECLAIM INTEGRITY

