



DREAM
SEEDS[®]

**POSITIVITY
BINGO**



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INSTRUCTIONS

Complete as many of the activities below as you can to remind you of how awesome you are! The challenge here is to say each of the "I am" statements to yourself as many times as you can. The more you tell yourself positive affirmations (things that you are good at) the more positive you feel about yourself. Just make sure you tick it off every time you say one of these, sometimes saying it to yourself in the front of the mirror makes it more powerful!

Tell yourself...	"I am kind"	"I am special"	"I am creative"
"I have dreams"	"I am powerful"	"I am resilient"	"I have a brilliant brain"
"It's okay to ask for help" (then ask)	"I can solve problems"	"I am awesome"	"I am talented"
"I have a great body that helps me move"	"I am loved"	"I can learn"	"I will be okay"
Give yourself a smile in the mirror everyday			