

Boost Your Self-Esteem Bingo

myfreebingocards.com

Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/jubfbz

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/jubfbz

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/jubfbz

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Sit and stand up straight	Do something you are good at	Recall accomplishments	Exercise	Eat healthier	Groom and dress well	Wear cologne or perfume
Meditate or practice breathing exercises	List your positive qualities	Smile	Look up to role models	Set realistic expectations	Achieve goals	Have someone list your best qualities
Try something new	View mistakes as lessons	Be around supportive people	Contribute	Do not compare self to others	Evaluate self based on present not past	Accept imperfections
Look at pictures of loved ones	Be more grateful	Act kindly to others				

Boost Your Self-Esteem

Set realistic expectations	Act kindly to others	Have someone list your best qualities	Contribute	Look up to role models
Exercise	Look at pictures of loved ones	Sit and stand up straight	Meditate or practice breathing exercises	Be more grateful
Smile	View mistakes as lessons	BONUS	Do not compare self to others	Achieve goals
Wear cologne or perfume	Eat healthier	Groom and dress well	Accept imperfections	Evaluate self based on present not past
Do something you are good at	Be around supportive people	List your positive qualities	Recall accomplishments	Try something new

Boost Your Self-Esteem

Sit and stand up straight	Meditate or practice breathing exercises	List your positive qualities	Set realistic expectations	Eat healthier
Exercise	Do not compare self to others	Recall accomplishments	Smile	Contribute
Wear cologne or perfume	Evaluate self based on present not past	BONUS	Be around supportive people	Groom and dress well
Achieve goals	Be more grateful	Act kindly to others	View mistakes as lessons	Accept imperfections
Look up to role models	Do something you are good at	Have someone list your best qualities	Look at pictures of loved ones	Try something new

Boost Your Self-Esteem

Recall accomplishments	Look at pictures of loved ones	Sit and stand up straight	Evaluate self based on present not past	Groom and dress well
Try something new	Contribute	Do not compare self to others	List your positive qualities	View mistakes as lessons
Act kindly to others	Set realistic expectations	BONUS	Achieve goals	Do something you are good at
Meditate or practice breathing exercises	Eat healthier	Smile	Accept imperfections	Wear cologne or perfume
Look up to role models	Have someone list your best qualities	Exercise	Be more grateful	Be around supportive people

Boost Your Self-Esteem

View mistakes as lessons	Have someone list your best qualities	Smile	Be more grateful	List your positive qualities
Achieve goals	Look at pictures of loved ones	Look up to role models	Wear cologne or perfume	Recall accomplishments
Do not compare self to others	Set realistic expectations	BONUS	Sit and stand up straight	Be around supportive people
Evaluate self based on present not past	Eat healthier	Contribute	Try something new	Exercise
Meditate or practice breathing exercises	Act kindly to others	Groom and dress well	Accept imperfections	Do something you are good at

Boost Your Self-Esteem

Have someone list your best qualities	Be more grateful	View mistakes as lessons	Do not compare self to others	Accept imperfections
Sit and stand up straight	Eat healthier	Meditate or practice breathing exercises	Try something new	Achieve goals
Act kindly to others	Wear cologne or perfume	BONUS	Exercise	Groom and dress well
Contribute	Be around supportive people	Evaluate self based on present not past	Look at pictures of loved ones	Set realistic expectations
Do something you are good at	Smile	Look up to role models	Recall accomplishments	List your positive qualities

Boost Your Self-Esteem

Have someone list your best qualities	Act kindly to others	Set realistic expectations	Be around supportive people	Contribute
Do not compare self to others	Meditate or practice breathing exercises	List your positive qualities	Sit and stand up straight	Look at pictures of loved ones
Accept imperfections	Groom and dress well	BONUS	Look up to role models	Recall accomplishments
Eat healthier	Smile	View mistakes as lessons	Wear cologne or perfume	Exercise
Evaluate self based on present not past	Be more grateful	Try something new	Achieve goals	Do something you are good at

Boost Your Self-Esteem

Wear cologne or perfume	Be around supportive people	Smile	Look up to role models	Sit and stand up straight
Do something you are good at	Meditate or practice breathing exercises	Contribute	Groom and dress well	Look at pictures of loved ones
Do not compare self to others	Recall accomplishments	BONUS	Exercise	Achieve goals
Have someone list your best qualities	List your positive qualities	Evaluate self based on present not past	Accept imperfections	View mistakes as lessons
Eat healthier	Set realistic expectations	Be more grateful	Act kindly to others	Try something new

Boost Your Self-Esteem

Wear cologne or perfume	Set realistic expectations	Eat healthier	Exercise	Accept imperfections
Be around supportive people	Achieve goals	View mistakes as lessons	Have someone list your best qualities	Be more grateful
Sit and stand up straight	Recall accomplishments	BONUS	Look at pictures of loved ones	Do not compare self to others
Act kindly to others	Try something new	Contribute	Look up to role models	Groom and dress well
Meditate or practice breathing exercises	Evaluate self based on present not past	Do something you are good at	List your positive qualities	Smile

Boost Your Self-Esteem

Eat healthier	Evaluate self based on present not past	List your positive qualities	Achieve goals	Smile
Have someone list your best qualities	Be more grateful	Contribute	Groom and dress well	Set realistic expectations
Recall accomplishments	Look at pictures of loved ones	BONUS	Wear cologne or perfume	Do not compare self to others
Meditate or practice breathing exercises	Do something you are good at	Try something new	Look up to role models	Be around supportive people
Exercise	Sit and stand up straight	Act kindly to others	Accept imperfections	View mistakes as lessons

Boost Your Self-Esteem

Look up to role models	View mistakes as lessons	Smile	Act kindly to others	Be around supportive people
Meditate or practice breathing exercises	Do something you are good at	Do not compare self to others	Achieve goals	Accept imperfections
List your positive qualities	Sit and stand up straight	BONUS	Evaluate self based on present not past	Set realistic expectations
Have someone list your best qualities	Wear cologne or perfume	Groom and dress well	Try something new	Be more grateful
Recall accomplishments	Exercise	Eat healthier	Contribute	Look at pictures of loved ones

Boost Your Self-Esteem

Act kindly to others	Try something new	Achieve goals	Set realistic expectations	Contribute
Look at pictures of loved ones	Eat healthier	Have someone list your best qualities	Sit and stand up straight	Do something you are good at
List your positive qualities	Look up to role models	BONUS	Wear cologne or perfume	Groom and dress well
Meditate or practice breathing exercises	Recall accomplishments	Smile	Be around supportive people	View mistakes as lessons
Accept imperfections	Do not compare self to others	Be more grateful	Exercise	Evaluate self based on present not past

Boost Your Self-Esteem

Look at pictures of loved ones	Do something you are good at	Meditate or practice breathing exercises	Act kindly to others	Do not compare self to others
Evaluate self based on present not past	List your positive qualities	Exercise	Try something new	Contribute
Groom and dress well	Sit and stand up straight	BONUS	Achieve goals	Wear cologne or perfume
Have someone list your best qualities	Set realistic expectations	View mistakes as lessons	Eat healthier	Be around supportive people
Accept imperfections	Recall accomplishments	Look up to role models	Be more grateful	Smile

Boost Your Self-Esteem

Sit and stand up straight	Eat healthier	Be more grateful	Evaluate self based on present not past	List your positive qualities
Be around supportive people	Contribute	Wear cologne or perfume	Look at pictures of loved ones	Smile
Set realistic expectations	Meditate or practice breathing exercises	BONUS	Do not compare self to others	Do something you are good at
Accept imperfections	Look up to role models	Achieve goals	Exercise	Act kindly to others
View mistakes as lessons	Groom and dress well	Have someone list your best qualities	Try something new	Recall accomplishments

Boost Your Self-Esteem

Evaluate self based on present not past	Be more grateful	Groom and dress well	List your positive qualities	Be around supportive people
Sit and stand up straight	Recall accomplishments	Exercise	Look at pictures of loved ones	Do not compare self to others
Try something new	Accept imperfections	BONUS	Meditate or practice breathing exercises	Have someone list your best qualities
Look up to role models	Achieve goals	View mistakes as lessons	Contribute	Smile
Set realistic expectations	Wear cologne or perfume	Eat healthier	Do something you are good at	Act kindly to others

Boost Your Self-Esteem

Do something you are good at	Eat healthier	Have someone list your best qualities	Meditate or practice breathing exercises	Act kindly to others
Recall accomplishments	View mistakes as lessons	List your positive qualities	Contribute	Achieve goals
Look at pictures of loved ones	Be more grateful	BONUS	Smile	Sit and stand up straight
Exercise	Set realistic expectations	Wear cologne or perfume	Do not compare self to others	Accept imperfections
Try something new	Be around supportive people	Look up to role models	Groom and dress well	Evaluate self based on present not past

Boost Your Self-Esteem

Look at pictures of loved ones	Groom and dress well	Achieve goals	Wear cologne or perfume	Do not compare self to others
View mistakes as lessons	Try something new	Sit and stand up straight	List your positive qualities	Recall accomplishments
Look up to role models	Accept imperfections	BONUS	Have someone list your best qualities	Evaluate self based on present not past
Meditate or practice breathing exercises	Set realistic expectations	Exercise	Eat healthier	Smile
Be more grateful	Do something you are good at	Act kindly to others	Contribute	Be around supportive people

Boost Your Self-Esteem

Have someone list your best qualities	Look at pictures of loved ones	Contribute	Wear cologne or perfume	Be more grateful
Smile	Act kindly to others	Do something you are good at	Evaluate self based on present not past	Eat healthier
List your positive qualities	Accept imperfections	BONUS	Exercise	Groom and dress well
Meditate or practice breathing exercises	Be around supportive people	Try something new	Look up to role models	Recall accomplishments
Set realistic expectations	View mistakes as lessons	Achieve goals	Sit and stand up straight	Do not compare self to others

Boost Your Self-Esteem

Groom and dress well	Act kindly to others	Accept imperfections	Be more grateful	Sit and stand up straight
List your positive qualities	Set realistic expectations	Look at pictures of loved ones	Look up to role models	Recall accomplishments
View mistakes as lessons	Have someone list your best qualities	BONUS	Exercise	Evaluate self based on present not past
Eat healthier	Smile	Do not compare self to others	Do something you are good at	Contribute
Be around supportive people	Achieve goals	Meditate or practice breathing exercises	Try something new	Wear cologne or perfume

Boost Your Self-Esteem

Do not compare self to others	Exercise	Evaluate self based on present not past	Be around supportive people	Groom and dress well
Eat healthier	Be more grateful	Look up to role models	List your positive qualities	Recall accomplishments
Set realistic expectations	Wear cologne or perfume	BONUS	Contribute	Smile
Meditate or practice breathing exercises	Do something you are good at	Achieve goals	Sit and stand up straight	Accept imperfections
Have someone list your best qualities	Try something new	Look at pictures of loved ones	View mistakes as lessons	Act kindly to others

Boost Your Self-Esteem

List your positive qualities	Smile	Do not compare self to others	Look at pictures of loved ones	Accept imperfections
Meditate or practice breathing exercises	Look up to role models	Do something you are good at	Have someone list your best qualities	Act kindly to others
Try something new	Exercise	BONUS	Groom and dress well	Eat healthier
Sit and stand up straight	Be around supportive people	View mistakes as lessons	Wear cologne or perfume	Recall accomplishments
Achieve goals	Contribute	Be more grateful	Evaluate self based on present not past	Set realistic expectations

Boost Your Self-Esteem

Smile	Look up to role models	Do something you are good at	Look at pictures of loved ones	Set realistic expectations
Recall accomplishments	Have someone list your best qualities	View mistakes as lessons	Achieve goals	Be more grateful
Be around supportive people	Contribute	BONUS	Wear cologne or perfume	Evaluate self based on present not past
Meditate or practice breathing exercises	Sit and stand up straight	Accept imperfections	List your positive qualities	Groom and dress well
Do not compare self to others	Act kindly to others	Exercise	Try something new	Eat healthier

Boost Your Self-Esteem

Groom and dress well	Accept imperfections	Be more grateful	Evaluate self based on present not past	Look up to role models
Have someone list your best qualities	Meditate or practice breathing exercises	Act kindly to others	Achieve goals	Sit and stand up straight
Wear cologne or perfume	Eat healthier	BONUS	Exercise	Set realistic expectations
Try something new	Be around supportive people	List your positive qualities	Smile	Do something you are good at
Contribute	View mistakes as lessons	Recall accomplishments	Look at pictures of loved ones	Do not compare self to others

Boost Your Self-Esteem

Exercise	Evaluate self based on present not past	Accept imperfections	Be around supportive people	Meditate or practice breathing exercises
Smile	Recall accomplishments	Wear cologne or perfume	Eat healthier	Sit and stand up straight
View mistakes as lessons	Groom and dress well	BONUS	Do something you are good at	Do not compare self to others
List your positive qualities	Try something new	Look up to role models	Look at pictures of loved ones	Be more grateful
Contribute	Achieve goals	Set realistic expectations	Act kindly to others	Have someone list your best qualities

Boost Your Self-Esteem

Do not compare self to others	Try something new	Recall accomplishments	Act kindly to others	Look up to role models
Exercise	Look at pictures of loved ones	Have someone list your best qualities	View mistakes as lessons	Be more grateful
Do something you are good at	List your positive qualities	BONUS	Eat healthier	Groom and dress well
Meditate or practice breathing exercises	Accept imperfections	Be around supportive people	Evaluate self based on present not past	Contribute
Set realistic expectations	Smile	Achieve goals	Sit and stand up straight	Wear cologne or perfume

Boost Your Self-Esteem

List your positive qualities	Recall accomplishments	View mistakes as lessons	Be more grateful	Be around supportive people
Groom and dress well	Eat healthier	Accept imperfections	Evaluate self based on present not past	Wear cologne or perfume
Exercise	Look at pictures of loved ones	BONUS	Act kindly to others	Smile
Sit and stand up straight	Try something new	Contribute	Set realistic expectations	Do something you are good at
Look up to role models	Have someone list your best qualities	Achieve goals	Do not compare self to others	Meditate or practice breathing exercises

Boost Your Self-Esteem

Accept imperfections	Do something you are good at	Evaluate self based on present not past	Sit and stand up straight	Do not compare self to others
Achieve goals	Groom and dress well	Wear cologne or perfume	Smile	Exercise
Be more grateful	Meditate or practice breathing exercises	BONUS	Be around supportive people	Have someone list your best qualities
Look up to role models	Recall accomplishments	Try something new	List your positive qualities	Look at pictures of loved ones
Set realistic expectations	Eat healthier	Act kindly to others	Contribute	View mistakes as lessons

Boost Your Self-Esteem

Wear cologne or perfume	Do something you are good at	Have someone list your best qualities	List your positive qualities	View mistakes as lessons
Achieve goals	Smile	Accept imperfections	Be more grateful	Try something new
Groom and dress well	Recall accomplishments	BONUS	Be around supportive people	Eat healthier
Set realistic expectations	Look at pictures of loved ones	Look up to role models	Evaluate self based on present not past	Exercise
Act kindly to others	Meditate or practice breathing exercises	Sit and stand up straight	Do not compare self to others	Contribute

Boost Your Self-Esteem

Wear cologne or perfume	Exercise	Set realistic expectations	Do not compare self to others	Meditate or practice breathing exercises
View mistakes as lessons	Try something new	Smile	Accept imperfections	Recall accomplishments
Look at pictures of loved ones	Sit and stand up straight	BONUS	Be around supportive people	Evaluate self based on present not past
Eat healthier	Be more grateful	Act kindly to others	List your positive qualities	Do something you are good at
Contribute	Groom and dress well	Achieve goals	Look up to role models	Have someone list your best qualities

Boost Your Self-Esteem

Exercise	Act kindly to others	Try something new	Accept imperfections	Be more grateful
Do something you are good at	Achieve goals	Be around supportive people	Groom and dress well	List your positive qualities
Eat healthier	Look at pictures of loved ones	BONUS	View mistakes as lessons	Recall accomplishments
Do not compare self to others	Sit and stand up straight	Smile	Wear cologne or perfume	Contribute
Meditate or practice breathing exercises	Look up to role models	Set realistic expectations	Evaluate self based on present not past	Have someone list your best qualities

Boost Your Self-Esteem

Look up to role models	Do something you are good at	Achieve goals	Do not compare self to others	View mistakes as lessons
Smile	Contribute	Look at pictures of loved ones	Wear cologne or perfume	Exercise
Set realistic expectations	List your positive qualities	BONUS	Have someone list your best qualities	Be more grateful
Act kindly to others	Groom and dress well	Sit and stand up straight	Recall accomplishments	Evaluate self based on present not past
Be around supportive people	Try something new	Accept imperfections	Meditate or practice breathing exercises	Eat healthier