

PRINTABLE AFFIRMATION CARDS

When you need a little lift, keep these affirmation cards nearby.



I deserve to take time to look after myself.



It's alright to feel my emotions.



I can learn from my mistakes.



**I am valuable.
I am enough.**



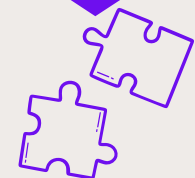
I am brave and can do difficult things.



I can set limits to look after my energy.



I am allowed to do things at my own pace.



Progress is better than perfection.