

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.**



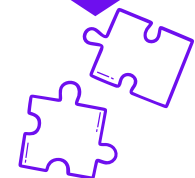
**I am brave and can
do difficult things.**



**I can set limits to look
after my energy.**



**I am allowed to do things
at my own pace.**



**Progress is better than
perfection.**