



## MY FAVOURITE AFFIRMATIONS

For feeling safe and secure during stressful times...

**I AM RESILIENT.**

**I AM SAFE, I AM LOVED,  
I AM SUPPORTED.**

**IT'S OK TO FEEL HOWEVER  
I'M FEELING TODAY.**

**I AM CAPABLE OF SUPPORTING  
& SELF-SOOTHING MYSELF.**

**I AM RESOURCEFUL.**

**IT IS SAFE FOR ME TO ASK  
FOR SUPPORT WHEN I NEED IT.**



## MY FAVOURITE AFFIRMATIONS

For finding calmness and gratitude...

**THE MORE I BREATHE DEEPLY,  
THE MORE CALM I FIND.**

**I AM GRATEFUL FOR  
ALL THAT I HAVE.**

**I AM GENTLE WITH MYSELF  
& THOSE AROUND ME.**

**I APPRECIATE & LOVE MYSELF  
FOR BEING IMPERFECT.**

**I MOVE SLOWLY & TAKE  
THINGS IN MY OWN TIME.**



# MY FAVOURITE AFFIRMATIONS

For overcoming challenges with more confidence...

**I AM EXPERIENCING  
A POSITIVE CHANGE.**

**I AM COMFORTABLE WITH  
MY OWN PERSONAL GROWTH.**

**I AM ALREADY LEARNING  
FROM THIS EXPERIENCE.**

**FILLING MY MIND WITH  
POSITIVE WORDS HELPS ME  
CREATE MORE CONFIDENCE.**

**I AM COURAGEOUS.**