

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.” – Martin Luther King Jr.

AFFIRMATIONS

FOR YOUR CHRONIC ILLNESS

I AM IN A
JOURNEY OF
HEALING AND
ACCEPTANCE

I AM FOCUSED
AND DRIVEN
IN EACH AREA
OF MY LIFE

RIGHT NOW, I
FEEL PEACE
MORE THAN I
FEEL MY PAIN

TODAY IS FILLED
WITH
OPPORTUNITIES
TO LEARN AND
GROW FROM MY
BODY

I PAY ATTENTION
AND LISTEN TO
WHAT MY BODY
NEEDS TODAY

I SEE MY
MISTAKES AND
ERRORS AS
TEACHING
MOMENTS ON
HOW I CAN MAKE
PROGRESS IN MY
HEALTH

I CHOOSE TO
BEFRIEND MY
BODY

I AM CAPABLE
OF
ADVOCATING
FOR MYSELF

I AM DOING MY
BEST TODAY
AND THAT IS
ENOUGH

I HAVE THE
ABILITY TO
SPEAK CLEARLY
AND
COMMUNICATE
MY NEEDS AND
DESIRES WITH
EASE

I AM WILLING TO
EXAMINE OTHER
AREAS IN MY LIFE
WHEN I HAVE
THE PHYSICAL
AND MENTAL
CAPACITY TO DO
SO

I DESERVE A
PEACEFUL,
JOYFUL, AND
MEANINGFUL
LIFE

I AM MORE
THAN MY
CHRONIC
ILLNESS

I SEE
CHALLENGES AS
OPPORTUNITIES
TO GROW AND
EXPAND

I FEEL AT
PEACE WITH
MY PAIN

I AM OPEN TO
EMBRACING MY
PAIN TODAY

I AM LEARNING
HOW TO BE
RESILIENT WITH
MY HEALTH

MY BODY IS A
GIFT

I ACCEPT THE
CHALLENGES
THAT WILL
COME TODAY

I DESERVE TO BE
SURROUNDED BY
PEOPLE WHO ARE
ENCOURAGING,
POSITIVE, AND
UNDERSTANDING
OF MY CHRONIC
ILLNESS