



CAN

create · another · narrative

MY EXPERIENCES
ARE MY EXPERTISE

I AM BRAVE ENOUGH
TO ASK QUESTIONS

I DO MY BEST AND
THAT IS ENOUGH

I BELIEVE IN
MY BODY



MY CONDITION IS
SERIOUS AND IT
DESERVES TO BE
TAKEN SERIOUSLY

I LOVE MYSELF
ENOUGH TO KEEP
GOING

I EMPOWER MYSELF
WITH KNOWLEDGE

MY LEARNING
HELPS ME TO LIVE
MY BEST LIFE

MY QUALITY OF
LIFE MATTERS

YOUR UNIQUE JOURNEY MATTERS. USE THESE BLANK CARDS TO CREATE YOUR OWN POSITIVE AFFIRMATIONS

START WITH 'I' OR 'MY'

TURN A NEGATIVE INTO A POSITIVE

WRITE IN THE PRESENT

ADD EMOTION

MAKE THEM SHORT

I DESCRIBE MY
SYMPTOMS WITH
CONFIDENCE

I AM CAPABLE OF
ARTICULATING MY
KNOWLEDGE

I BUILD MY OWN
TRUSTED SUPPORT
NETWORK NO MATTER
WHAT IT TAKES

I PUT MYSELF
FIRST



I ACCEPT THAT I
CANNOT HELP
OTHERS RIGHT NOW

I KNOW MY BODY

I SPEAK WITH
CONFIDENCE AND
STRENGTH

MY RESILIENCE IS
MY STRENGTH

I ALLOW MYSELF TO
FEEL FED UP, GRUMPY
AND FRUSTRATED

I KNOW I AM MY
BEST ADVOCATE

I AM A STRONG AND
FEROCIOSUS PERSON

I LISTEN TO MY
BODY AND DO WHAT
IS BEST FOR IT.

I AM PROUD TO
SPEAK OPENLY AND
HONESTLY ABOUT MY
JOURNEY

I DESERVE HELP
AND SUPPORT



02

I AM HUMBLE
ENOUGH TO UTILISE
TRUSTED
RELATIONSHIPS

I AM GRATEFUL
FOR WHAT I HAVE

I AM PROUD TO BE
PROACTIVE WHEN
IT COMES TO MY
HEALTH

I AM KIND
TO MYSELF

