



CAN

**create · another · narrative**



CAN

**create · another · narrative**

I KNOW MY BODY





CAN

**create · another · narrative**



I TRUST MYSELF  
EXPLICITLY. ESPECIALLY  
WHEN IT COMES TO MY  
HEALTH





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MY EXPERIENCES  
ARE MY EXPERTISE





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I PERCEIVE MYSELF  
AS AN EXPERT



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I LOVE MYSELF  
ENOUGH TO KEEP  
GOING





CAN

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I KNOW MY  
SYMPTOMS ARE  
REAL





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I DESCRIBE MY  
SYMPTOMS WITH  
CONFIDENCE





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I FIGHT FOR MY  
HEALTH IT IS  
EVERYTHING





CAN

**create · another · narrative**

I BELIEVE IN  
MY BODY





CAN

**create · another · narrative**



I LOVE MYSELF  
ENOUGH TO  
KEEP GOING






CAN

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I EMPOWER MYSELF  
WITH KNOWLEDGE






CAN

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I AM CAPABLE OF  
ARTICULATING MY  
KNOWLEDGE






CAN

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I SPEAK WITH  
CONFIDENCE AND  
STRENGTH





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I FIGHT FOR MY  
HEALTH IT IS  
EVERYTHING





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I AM BRAVE ENOUGH  
TO ASK QUESTIONS





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






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MY LEARNING  
HELPS ME TO LIVE  
MY BEST LIFE






CAN

**create another narrative**



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





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MY RESILIENCE IS  
MY STRENGTH





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I DESERVE HELP  
AND SUPPORT





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**create · another · narrative**

MY CONDITION IS  
SERIOUS AND IT  
DESERVES TO BE  
TAKEN SERIOUSLY





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I AM WORTHY OF  
BEING LISTENED TO  
AND TAKEN SERIOUSLY





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MY QUALITY OF  
LIFE MATTERS





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I PUT MYSELF  
FIRST





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





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I ALLOW MYSELF TO  
FEEL FED UP, GRUMPY  
AND FRUSTRATED



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I DO MY BEST AND  
THAT IS ENOUGH






CAN

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I AM HUMBLE ENOUGH  
TO UTILISE TRUSTED  
RELATIONSHIPS





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I AM GRATEFUL  
FOR WHAT I HAVE





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I ACCEPT THAT I  
CANNOT HELP  
OTHERS RIGHT NOW





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I AM PROUD TO SPEAK  
OPENLY AND HONESTLY  
ABOUT MY JOURNEY





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I KNOW I AM MY  
BEST ADVOCATE





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I AM A STRONG AND  
FEROCIOUS PERSON





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I AM KIND  
TO MYSELF





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

1. START WITH 'I' OR 'MY'
2. TURN A NEGATIVE INTO A POSITIVE
3. WRITE IN THE PRESENT
4. ADD EMOTION
5. MAKE THEM SHORT



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CAN AFFIRMATION WAS CREATED IN RESPONSE  
TO MY OWN ISOLATING HEALTH JOURNEY AND  
CROWDFUNDED BY PEOPLE WHO CARE.

**YOU CAN DO THIS!**

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**[www.lifelovesandlearning.blog](http://www.lifelovesandlearning.blog)**