



CAN

create · another · narrative



CAN

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I KNOW MY BODY



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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



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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





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I BELIEVE IN
MY BODY





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I LOVE MYSELF
ENOUGH TO
KEEP GOING



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I EMPOWER MYSELF
WITH KNOWLEDGE



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I AM CAPABLE OF
ARTICULATING MY
KNOWLEDGE



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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



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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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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



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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
FEROCIOSUS 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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02



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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