

I know my body



My experiences are my expertise



I perceive myself as an expert

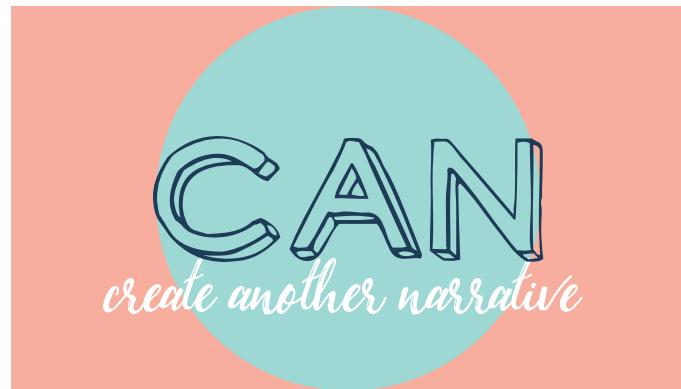
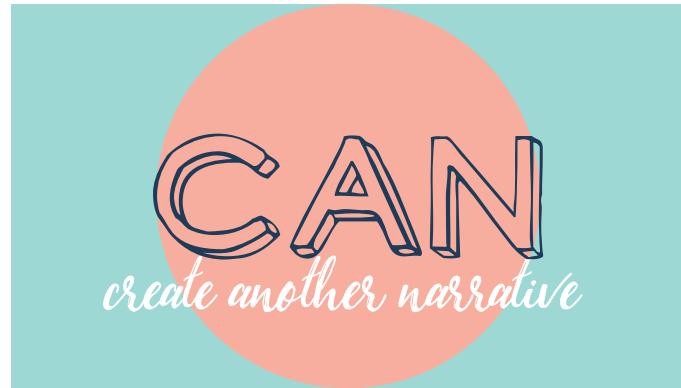


*I trust myself explicitly,
especially when it comes to
my health*



*I love myself enough to
keep going*





I know my symptoms are real

✓

*I describe my symptoms
with confidence*

✓

I believe in my body

✓

*I empower myself
with knowledge*

✓

*I am capable of articulating
my knowledge*

✓



*I speak with confidence
and strength*



*I am brave enough to
ask questions*



*I am proud to be proactive
when it comes to my health*



*My learning helps me to live
my best life*



*I build my own trusted support
network no matter what it takes*





My resilience is my strength

✓

I deserve help and support

✓

*My condition is serious and it
deserves to be taken seriously*

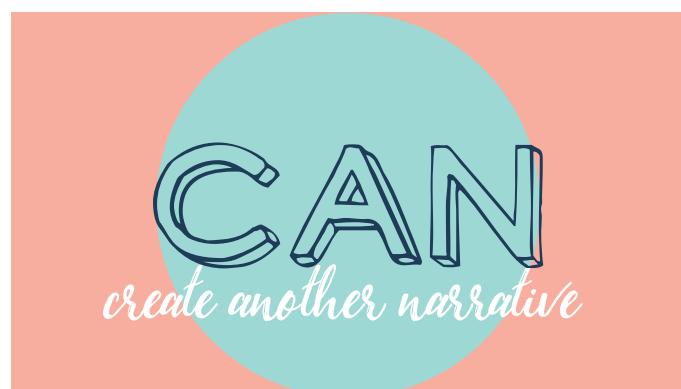
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My quality of life matters

✓

I put myself first

✓



*I listen to my body and do
what is best for it*

✓

I do my best and that is enough

✓

*I am humble enough to utilise
trusted relationships*

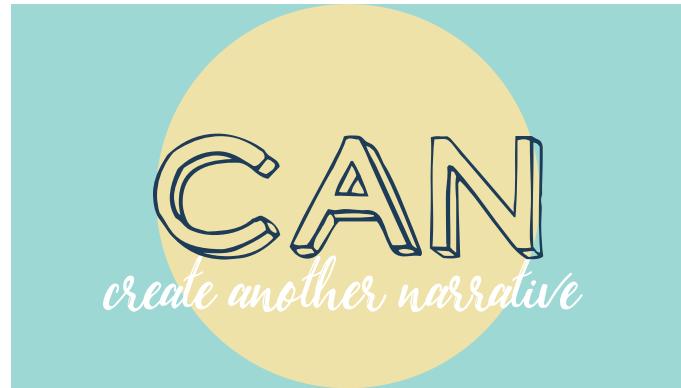
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I am grateful for what I have

✓

*I accept that I cannot help
others right now*

✓



*I allow myself to feel fed up,
grumpy and frustrated*

✓

I know I am my best advocate

✓

*I am proud to speak openly and
honestly about my journey*

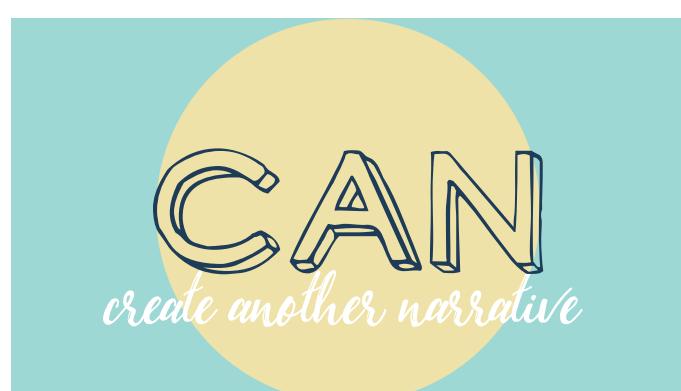
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*I am a strong and
ferocious person*

✓

I am kind to myself

✓



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

