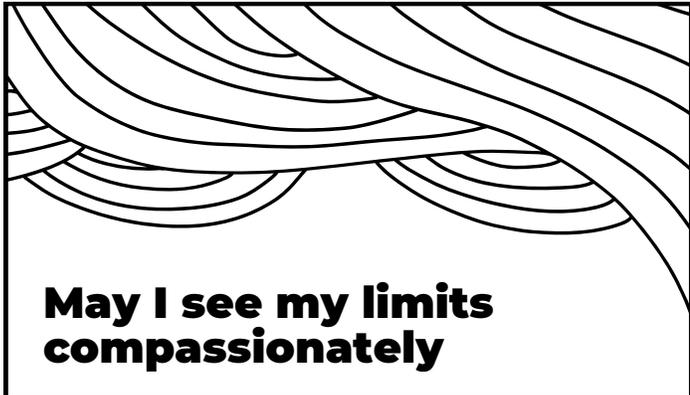
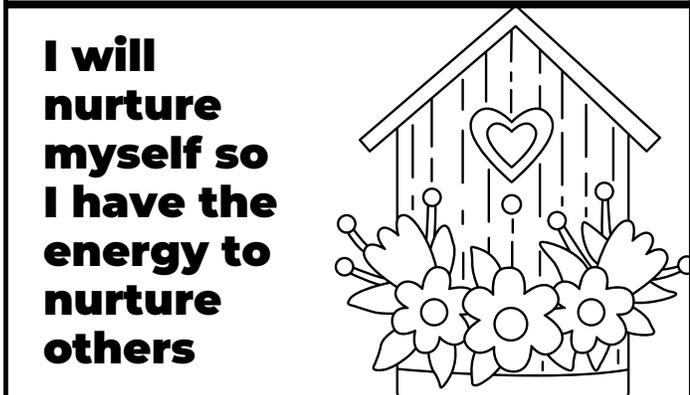
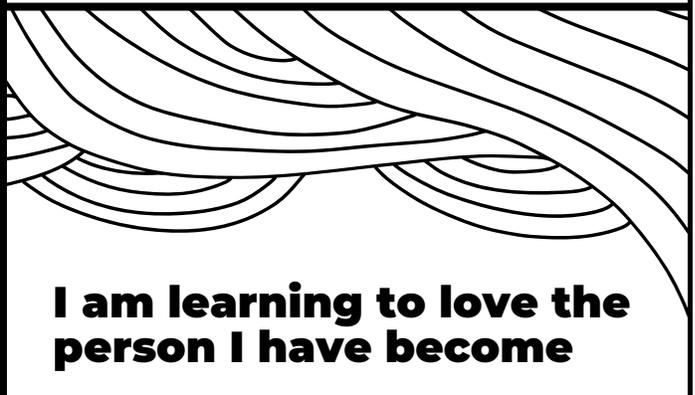


The power of affirmations

Affirmations are nourishing messages we can share with ourselves and others. Take a moment to repeat some of these phrases to yourself or share them with someone else. Bonus: write a personalized message on the back!

 <p>May I see my limits compassionately</p>	 <p>It is okay to ask for help when I need it</p>
<p>I will nurture myself so I have the energy to nurture others</p> 	 <p>I am making a difference for others every day</p>
<p>I deserve to be cared for too</p> 	 <p>I am learning to love the person I have become</p>
 <p>I can change the world one interaction at a time</p>	<p>I care for my people with patience, love, and kindness</p> 

Write your own personalized affirmation here.

Reminders: Write them in the same way you would speak so they feel natural and true for you, and feel free to share them with someone else.

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