



# Fibro Strong Quotes

The Affirmations Edition

The  
Fibro  Strong  
Collective

[www.thefibrostrongcollective.com](http://www.thefibrostrongcollective.com)

# **Affirmation:**

I am committed to taking care of myself,  
because I am worth it

# **Affirmation:**

I am HAPPY, ALIVE, and  
built to SURVIVE

# **Affirmation:**

I ACCEPT and LOVE myself,

EXACTLY as I am

# **Affirmation:**

I am allowed to say “NO” to others  
and “YES” to myself

# Affirmation:

My life is as VALUABLE as  
everyone else's

# **Affirmation:**

I am GRATEFUL for all  
the GIFTS in my life

# **Affirmation:**

I am PROUD of myself



# Affirmation:

I am NOT my pain

# Affirmation:

I am WORTHY of LOVE

**Affirmation:**

**I AM ENOUGH**