



Fibro Strong Quotes

The Affirmations Edition

The
Fibro Strong


Collective

www.thefibrostrongcollective.com

Affirmations

Affirmations are simple, empowering statements that you repeat daily, in times of stress, or when you need a little boost! Some Examples are:

- I am committed to taking care of myself today, because I am worth it
- I am happy, alive, and built to survive
- I accept and love myself, exactly as I am
- I am allowed to say “no” to others and “yes” to myself
- My life is as valuable as everyone else’s
- I am grateful for all the gifts in my life
- I am proud of myself
- I am not my pain
- I am worthy of love
- I am enough

Write 5 of Your Own Affirmations:

1. _____

2. _____

3. _____

4. _____

5. _____