

CAN

*create another narrative*

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*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*



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*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*



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*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*



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*My resilience is my strength*



*I deserve help and support*



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



*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*



*I am grateful for what I have*



*I accept that I cannot help  
others right now*



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*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*



*I am a strong and  
ferocious person*



*I am kind to myself*





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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

