

CAN

create another narrative

I know my body



CAN

create another narrative

My experiences are my expertise



CAN

create another narrative

I perceive myself as an expert



CAN

create another narrative

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



CAN

create another narrative

I love myself enough to  
keep going



CAN

create another narrative

I know my symptoms are real



CAN

create another narrative

I describe my symptoms  
with confidence



CAN

create another narrative

I believe in my body



CAN

create another narrative

I empower myself  
with knowledge



CAN

create another narrative

I am capable of articulating  
my knowledge



CAN

create another narrative

I speak with confidence  
and strength



CAN

create another narrative

I am brave enough to  
ask questions



CAN

create another narrative

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



CAN

create another narrative

My learning helps me to live  
my best life



CAN

create another narrative

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



CAN

*create another narrative*

*My resilience is my strength*



CAN

*create another narrative*

*I deserve help and support*



CAN

*create another narrative*

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



CAN

*create another narrative*

*My quality of life matters*



CAN

*create another narrative*

*I put myself first*



CAN

create another narrative

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



CAN

create another narrative

I do my best and that is enough



CAN

create another narrative

I am humble enough to utilise  
trusted relationships



CAN

create another narrative

I am grateful for what I have



CAN

create another narrative

I accept that I cannot help  
others right now



CAN

create another narrative

I allow myself to feel fed up,  
grumpy and frustrated



CAN

create another narrative

I know I am my best advocate



CAN

create another narrative

I am proud to speak openly and  
honestly about my journey



CAN

create another narrative

I am a strong and  
ferocious person



CAN

create another narrative

I am kind to myself



**CAN**  
*create another narrative*

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



**CAN**  
*create another narrative*



**CAN**  
*create another narrative*



**CAN**  
*create another narrative*



**CAN**  
*create another narrative*

