

Mindful Affirmations

**I AM ONLY
HUMAN.**



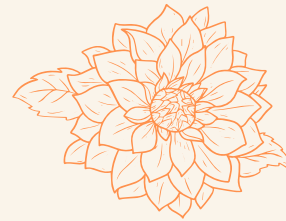
Mindful Affirmations

**I CAN
PRACTICE
BEING KIND
TO MYSELF.**



Mindful Affirmations

**I CAN LEARN
TO FORGIVE
MYSELF.**



Mindful Affirmations

**I CAN ACCEPT
MY LIMITS.**



Mindful Affirmations

**I AM ALLOWED
TO MAKE
MISTAKES.**



Mindful Affirmations

**I CAN ALLOW
MYSELF SPACE.**



Mindful Affirmations

**THERE IS TIME
AND SPACE
FOR ME, TOO.**



Mindful Affirmations

**I CAN RELEASE
EXPECTATIONS
THAT AREN'T
MINE.**



Mindful Affirmations

**MY HEALTH
IS MORE
IMPORTANT
THAN WHAT
I DO.**



Mindful Affirmations

**I AM ALLOWED
TO SAY NO.**



Mindful Affirmations

**I CAN GIVE,
BUT I ALSO
KNOW HOW
TO RECEIVE.**



Mindful Affirmations

**I AM DOING
THE BEST
I CAN.**



Mindful Affirmations

**I CAN HONOUR MY
BOUNDARIES, EVEN
IF OTHERS DON'T
UNDERSTAND THEM.**



Mindful Affirmations

**I AM LEARNING
TO LISTEN TO
MY NEEDS,
VALUES,
AND DESIRES.**



Mindful Affirmations

**I AM CAPABLE
OF PROVIDING
MYSELF
NURTURING
AND CARE.**



Mindful Affirmations

**I CAN DISAPPOINT
OTHERS, AND
STILL BE
A GOOD
FRIEND.**

