

Positive Affirmations

Positive affirmations are a helpful tool to support wellbeing. They help us reassure ourselves when we are having a difficult day, develop resilience and self-esteem and challenge internal negative self-talk.



15 affirmations to come back to you when you need them

I choose to be kind,
understanding and
reassuring towards myself

I can only do my best on any
given day depending on my
energy levels

It's ok to make mistakes, I
am only human

I love myself and accept
myself as I am

I am doing the best I can with
what I have

My efforts are meaningful
and make a real difference

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and make a real difference

I deserve to take time for
myself to address my own
needs without guilt

Sleep and breaks are
essential

I am safe

Each day I continue to learn
and grow

I can make positive changes
in my life

I am allowed to ask for help
when I need it

I am allowed to take care
of my needs too. I am as
important as the person I
care for.

I am capable of handling
whatever the day presents
me with



Say them
out loud



Write them
down



Save them on
your phone

01332 315 777

info@derbyshirecarers.co.uk

derbyshirecarers.co.uk/derby-carers

