

10 Affirmations for Finding Hope

1. I've made it through many challenging experiences before and can again.
2. I have weaknesses, but I also have strengths. (list them!)
3. I have strengths and talents *unique* to me.
4. Even if I've made mistakes, I am worthy of love and respect
5. I am capable of managing change when it happens.
6. I don't have to feel happy to make it through a challenge.
7. I get to decide who "my people" are and are not.
8. My emotions are real and meaningful, but my power is through my actions.
9. I'm not always right and not always wrong. Both are okay.
10. Life is tough, but so I am!

Read, Speak, Breathe, Believe, Repeat



Amber Jewell, LMSW
Author-Speaker-Advocate
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