

Printable Affirmation Cards

Lilac Alberta Counselling



I let go of the expectation to be perfect.



I have a choice on what to do with my emotions



Even when I fall short, I am still worthy



I can be caring and have strong boundaries



Two things can be true at once



I am not my emotions




I reach for today's best instead of the overall best.




Grieve and loss comes in waves, I will ride the waves.

Printable Affirmation Cards

Lilac Alberta Counselling




Feeling deeply is a strength, I can sense things others cannot.



I am beautiful



I accept this moment right now as it is.




My emotions are valid



I will make myself a priority.



Listen to my wise mind it knows what to do.



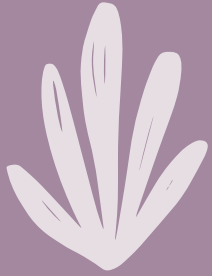
I will take time to process what I am feeling.



I will listen to what my body needs.

Printable Affirmation Cards

Lilac Alberta Counselling



I give myself
permission to take
breaks and relax.



I embrace my
sensitivity.



I am human, I can
make mistakes.



I accept myself right
now as I am.



It okay to cry; I can
cry as much as I
want to or need to.



I give myself
permission to feel
my emotions.



I focus on living true
to my values instead
of trying to reach a
destination.



I am doing the best I
can.