

CAREGIVER AFFIRMATIONS

10 Positive Affirmations for Caregivers

- 1** I give myself permission to rest and renew myself
- 2** I deserve to take time out for myself to address my own physical, emotional and spiritual needs
- 3** I am doing my best and I am proud of myself
- 4** I am not "just" a caregiver
- 5** I will not compare myself or my life to other people
- 6** I can do ANYTHING but not EVERYTHING
- 7** I can do small things with great love
- 8** I don't have to be perfect to be amazing
- 9** I will find joy in the everyday moments of life
- 10** I am supported by others and I am not alone in my struggles.