

Positive Reminders and Affirmations

It's ok to not always be happy

You've got this

Live in the present moment

You are not alone

I can be brave

Things will get better

You are strong

Trust the process

Believe in yourself

You are loved

Remind yourself of what you've overcome

You can't have a rainbow without rain

I want to be confident

You are worth it

Be yourself

Be yourself

I am kind

Take time for yourself

Strive for progress not perfection

Help is always there if you need it

You are worthy of everything good

The sun is a reminder that we can rise from darkness