

RAINN

Take what you need.

Healing can be a long journey.
Here are some positive self-affirmations to remind you that you are
worthy and deserving of healing.

I am more than my fears, more than my past, and more
than other people's opinions.

There is a fire in my soul that I blaze brightly to the
world.

I have done my best for today and deserve to sleep
and restore myself.

I can be both sensitive and strong.

Today, I will do whatever makes my soul happy.

I can find deep inner peace within myself as I am
because who I am is enough.

I can forgive myself because I am growing, learning,
and forgiving makes me feel free and light.

I can create peace and harmony for myself today.