Affirmations for Caregivers

1. I am enough
2. I care deeply
3. I am lovable
4. I am helpful
5. I am worthy
6. I am capable of finding solutions
7. I forgive myself for my mistakes
8. I can accept my limitations
9. I give myself permission to rest
10. I can control my happiness
11. I stand up for what I believe in
12. I have people who love and respect me
13. It's ok to not know everything
14. I can choose to think positive
15. I give myself permission to make choices
16. I am capable of so much
17. I deserve to be loved
18. I can make a difference
19. I don't have to do it all
20. I matter
21. My needs are also a priority
22. I believe in my abilities
23. My positive thoughts create positive feelings
24. I am doing my best
25. I accept who I am
26. I am comfortable being me
27. I believe in myself
28. I am safe
29. I see good in people
30. I see good in me
31. I choose out of love, not fear
32. I am a friend to myself
33. I am always growing and learning
34. I can be gentle with myself
35. I can have balance within me
36. I choose curiosity over judgment