

Affirmations of the Chronically Ill

I need a shower.

I'll feel more like myself if I take a shower.

I'll feel more like myself if I take a shower.

I'll feel more like myself if I take a shower.

I need to work out more.

I'll feel more like myself if I exercise each week.

I'll feel more like myself if I exercise each week.

I'll feel more like myself if I exercise each week.

I need to eat.

I'll feel more like myself if I have something to eat.

I'll feel more like myself if I have something to eat.

I'll feel more like myself if I have something to eat.

I need sleep.

I'll feel more like myself if I get some rest.

I'll feel more like myself if I get some rest.

I'll feel more like myself if I get some rest.

I need to get out of bed.

I'll feel more like myself if I get out of bed.

I'll feel more like myself if I get out of bed.

I'll feel more like myself if I get out of bed.

I need to take my meds.

I'll feel more like myself if I take them each day.

I'll feel more like myself if I take meds each day.

I'll feel more like myself if I take meds each day.

I need to be happy.

I'll feel more like myself if I can be more happy.

I'll feel more like myself if I can be more happy.

I'll feel more like myself if I can be more happy.

I need to be whole.

I'll feel more like myself if I can get rid of this hole.

I'll feel more like myself if I can get rid of this hole.

I'll feel more like myself if I can get rid of this hole.

I need help.

I don't feel like I can do it by myself.

I don't feel like I can do it by myself.

I don't feel like I can do it by myself.