

I am worthy
of being
loved and
taken care of

I honor my
needs and
take the time
to nurture my
mind, body,
and spirit

I treat myself
with kindness
and
understanding

My self-care is
a priority, and I
give myself
permission to
rest and
recharge

I deserve
happiness
and joy in
every aspect
of my life

I am enough
just as I am,
and I
celebrate my
uniqueness

I release guilt
and embrace
myself without
reservations

I trust my
intuition to
guide me
towards what
serves my
highest good

I am resilient,
and I can
overcome any
challenges that
come my way

I nourish myself
with positive
thoughts, good
habits, and
healthy food

I choose to let
go of what I
cannot control
and focus on
what brings
me peace

My boundaries
are important,
and I respect
them to protect
my well-being

I am grateful for
my journey and I
acknowledge that
every step is an
opportunity for
growth

I deserve love
and respect,
starting from
the way I treat
myself

I am allowed
to say no to
others without
feeling guilty

I trust in my
ability to make
decisions that
align with my
values and
goals

Health Cards 95

SJ Ball



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