



16 *Caregiver* Affirmations

1. I am blessed and grateful for my life.
2. I am enough.
3. I am grateful to have the opportunity to serve my loved one in this special way.
4. I am human and will make mistakes. When I do, I expect to forgive myself generously.
5. I am in control of my feelings and my responses.
6. I have an army of people who love and care for me.
7. I am strong and capable of doing hard things.
8. I am worth taking care of.
9. I have control over my choices.
10. I am full of energy and passion.
11. I am hard working and I do not give up.
12. I am calm and full of God's peace.
13. I am able to overcome challenges and respond positively to obstacles.
14. My body is healthy and my soul is peaceful.
15. Everything that is happening now, God is using it for good in my life.
16. I will extend grace to myself and others.