

Write, draw, say aloud, sing or dance each of the following affirmations.

- I am alive. I will survive
- I am healing.
- I surrender to the process of healing.
- I am healing fully.
- I am healing naturally.
- I am gentle with myself.
- My broken heart is mending.
- I am stronger.
- I have the courage to grow.
- I am grateful for so much.
- My patience will outlast my pain.

When you tell yourself you're healing, what are the limiting voices that tell you "No you're not! "? Say aloud "I am healing" several times and write down what the limiting voice says:

I am healing _____

I am healing _____

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I am healing _____

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I am healing _____

I am healing _____

I am healing _____

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