

Everyday Affirmations

Work

"I can handle one thing." Action: Write a 3■min task.

Confidence

"I am learning out loud." Action: Share one update.

Health

"I fuel my body kindly." Action: Drink water now.

Carers

"I'll do enough today." Action: Pick one step only.

Grief

"My love and sorrow coexist." Action: 2 minutes of slow breathing.