

AFFIRMATIONS FOR RECOVERY & RESILIENCE

A printable list of 40 encouraging phrases to use in your journal, affirmation jar, or quiet moments.



SELF-COMPASSION & WORTH

- I am doing the best I can with what I have.
- I am worthy of care—even from myself.
- My value is not measured by productivity.
- Today, I will offer myself compassion.
- I am more than my to-do list.
- I am enough, exactly as I am.
- My worth is not up for debate.
- I choose rest without guilt.
- I give myself permission to be where I am.
- I am allowed to take up space—even on the hard days.

REST & RECOVERY

- I am allowed to rest.
- Healing doesn't have to be perfect to be real.
- I trust my body and mind to guide me gently.
- It's okay to pause.
- My healing matters.
- Even slow days have value.
- I trust that clarity will return in time.
- I choose peace over pressure.
- I honor the pace my body asks for.
- I can begin again—right now.

CONNECTION & PERMISSION

- I am not a burden.
- My needs are valid.
- I can ask for help when I need it.
- I release perfection and welcome presence.
- I honor the progress no one else can see.
- I am not alone in this.
- There is beauty in this moment.
- There is no "right" way to heal—only my way.
- I'm allowed to change my mind.
- Even now, I am growing.

RESILIENCE & STRENGTH

- Small steps are still progress.
- I can do hard things—slowly and with kindness.
- I am learning to listen to what I need.
- I celebrate every small win.
- I don't have to do this alone.
- I deserve comfort.
- I release the need to push through.
- Gentle is strong.
- Progress doesn't always look like movement.
- No one else can see the progress I honor.

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