

Affirmation CARDS

Use these affirmations to remind yourself that progress is not always linear. A bad day doesn't mean a bad life. Feel free to cut out these squares and place them where you need them most.

One mindful
choice
at a time.

Food is fuel
not a fix for my
feelings.

Balance
is better than
extremes.

I am not defined
by my
lab values.

Every meal is an
opportunity to
show myself
love.

I focus
on progress, not
perfection.

