

# The Caregiver's Daily Affirmations

I care for others with patience, love and kindness.

I live with courage and grace.

I don't have to do it all.

I let go of the things I cannot change.

I accept myself and others without judgment.

I make progress every day whether I see it or not.

I care for myself with dignity, love and respect.

I am not alone.

I am capable.

If nothing else, I am getting stronger every day.

I am not afraid to ask for help.

I am appreciated.

I am loved.

*Source: Caregiver's Survival Network*

[www.lyngblomsten.org/caregivers](http://www.lyngblomsten.org/caregivers)

