The Discerning You

100 Affirmations For Chronic Illness

(That Actually Work...)



I have the mind, heart and soul of a warrior.

2

I look forward to each new day as it gives me a new chance to grow.

3

I am creative, strategic and resilient – all qualities needed to manage a chronic illness.

4

I know that when I want to quit, I won't. When you're ready to quit, it's usually the moment right before miracles happen.

5

I know the word "disease" can be broken down to "dis" and "ease". Therefore, I make decisions to help me be in a state of ease in life.

I understand the value of self-reflection as it helps me understand myself better.

7

I appreciate the principles of affirmations as they act as a personal guide and motivational reinforcement.

8

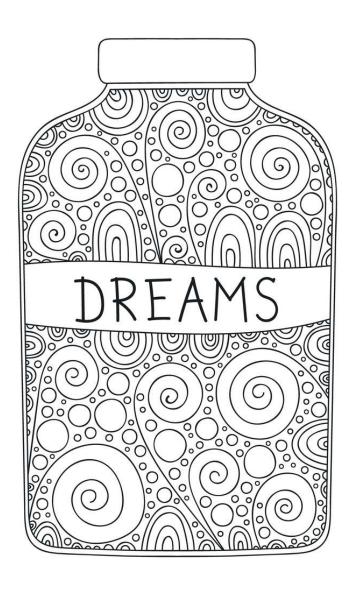
I know that my attitude is only a thought with an attached emotion. Therefore, I have the power to manifest it in a positive way.

9

My illness lives with me but it is not who I am. I successfully separate my obstacles from how I define myself.

10

I have the power to be who I want to be. But I must be wise enough to understand that this goal is forever evolving and adapting to my circumstances.



"Hope doesn't require a massive chain where heavy links of logic hold it together. A thin wire will do... just strong enough to get us through the night until the winds die down."



Today, I choose peace. I am at peace with my pain.

Today, I choose love. I love my pain because I know it will help me heal.

Today, I choose support. I create a body that will support me.

Today, I choose to listen. I listen so that I can learn from my pain.

Today, I choose gratitude. I give thanks to what my disease has taught me.

I know that I choose my own happiness. My illness does not limit me.

17

I know that I am not my illness. It does not define me.

18

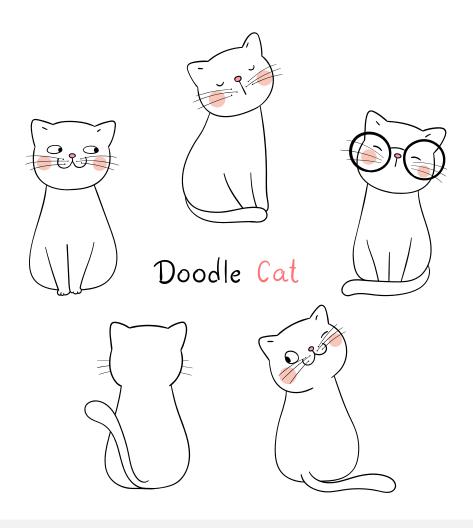
I know that my pain only has as much power as I give it. That is why I give it no power.

19

I know that channelling thoughts about healing and restoration helps me every day.

20

I know that I have control of my body. I cannot allow pain to control me.



I am grateful for all the experiences I have – whether they're easy or challenging.

22

I am at peace with my pain. I can live alongside it without anger.

23

I am committed to ensuring I improve – mentally, physically, emotionally.

24

I release feelings of pain and discomfort from my body when I put my mind to it.

25

I release the toxicity of my illness with every breath I exhale.

I release good vibes to the people who are healthy around me. I know that goodness is rewarded with more goodness.

27

I release negative thoughts from my mind and attract what's good. I know I need good thoughts to heal.

28

I release the frustration I feel because of my pain. I will not let it get the better of me.

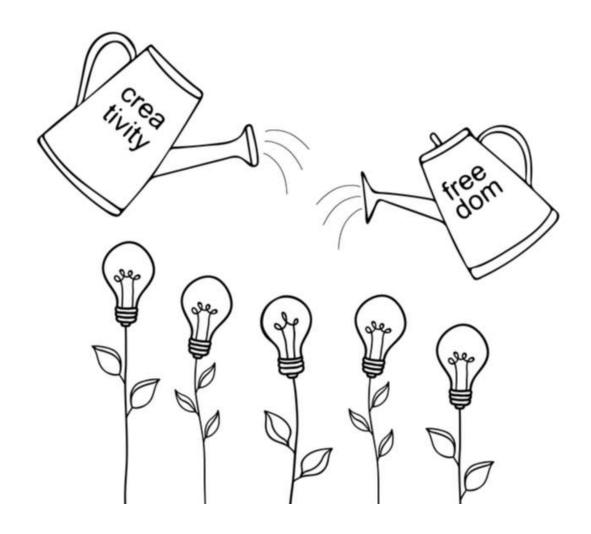
29

I learn from my pain every day. With each lesson, I prove to myself I am ready to move on.

30

Every part of my body is ready to let go of the illness and pain.

"The secret of learning to be sick is this: Illness doesn't make you less of what you were. You are still you." $\tilde{\ }$ Tony Snow





Every part of my body radiates with vitality and energy.

32

I treat my body with respect and compassion because I know they are essential for good health.

33

I am patient with the process because I know that the setback is never as great as the comeback.

34

Energy and vitality run through my veins every day.

35

I am happy knowing that I do everything in my power to restore my good health. I can harness the power of laughter to restore my vitality.

37

I spend time with people who encourage healthy habits and an energetic lifestyle because I know that goodness is contagious.

38

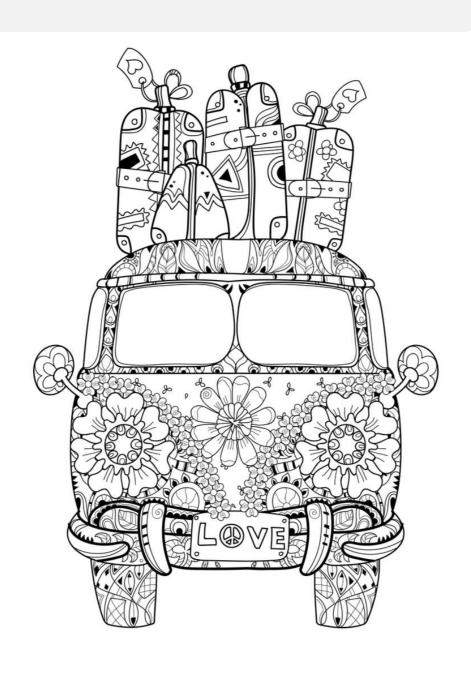
I am aware that my body is regenerating all the time and I need to do everything in my power to help it.

39

I respect that my body may not feel amazing every day, but it doesn't mean I can't aim for it.

40

I love the fact that this experience is making me more in tune with my body than I have ever been before.



I am disciplined because I know the benefits of proper eating and exercise.

42

I am disciplined with my diet and exercise because I love the way that it supports my healing.

43

I am disciplined in taking the drinks and supplements I need to help me attain great vitality.

44

I can look past the taste of my medication and supplements because of how amazing I feel when I adhere to my regime.

45

I know that food is the most fundamental form of medicine, that is why I eat foods that only support my health.

I feel that my body is in a state of harmony. I am working towards achieving perfect balance.

47

I respect the fact that I need to sleep. Sleep puts me into a deep state of relaxation that enables my vitality and energy.

48

I deserve to be healthy and happy. They are natural human rights that you have to harness yourself.

49

I am not fooled by my condition. I know that everyone needs to earn good health at some point. I am not alone. I am not a victim.

50

I am not fooled by my condition. I know that everyone needs to create their own happiness. I am not alone. I am not a victim.

"When you exhaust all possibilities remember this: You haven't." $\widetilde{}$ Thomas Edison



I know that I need to look at my body with compassion and love. It cannot heal without these powerful forces.

52

I am passionate about health and wellness. I use these two things to build my vitality.

53

My obligation to myself is to make decisions that bring only good health and good vibes.

54

I am worthy of living a life with good health.

55

I will never let other people's stories of poor health scare me. I know that fear cannot help me improve my own health.

I accept where I am physically right now because I know that with every dip, there needs to be a rise too.

57

I can appreciate healing and health so much more because of what I have been through so it is not a waste of experience.

58

I take full responsibility for my health. I am not a victim of my circumstances.

59

I know that I can maintain my health by eating the right foods, meditating and exercising. These aren't chores – they're my lifestyle.

60

Tomorrow, I will wake up stronger than I did today.

"Be patient with yourself as you evolve. Small, healthy choices make a big difference in the long run!" $\widetilde{\ }$ Smidts in St Louis



Affirmations for physical healing

61 I know I deserve to live a healthy life.

62
I know that healing has major importance in my life.

I know that in some way, even if I can't see it, I am healing every day.

I know the importance of forgiveness because it helps with my healing.

I know healing takes time, this is why I do not get frustrated with the process.

I can and I will fight through anything so that I can heal in the way that I deserve.

67

I feel empowered and motivated when I think about my healing.

68

I choose to be a fighter. I will fight my way to restoration.

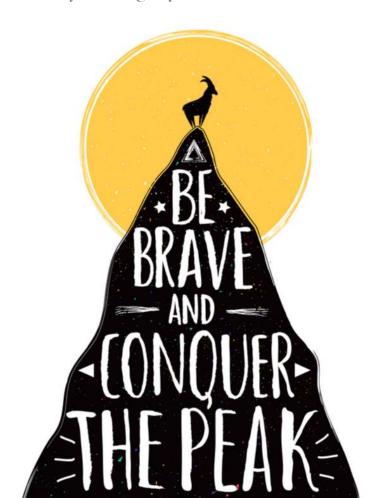
69

I accept where I am right now. This allows me to move closer towards healing effectively.

70

I know that I am healing within while I am asleep and awake.

"Sometimes you will be in control of your illness and other times you'll sink into despair, and that's OK! Freak out, forgive yourself, and try again tomorrow." ~ Kelly Hemingway



I appreciate the fact that I can meet incredible people along my journey to health.

72

I know that with every step toward better health that I take
- I can help someone else take that same step.

73

I know that when I see progress in others it means that I can progress too. It is an inspiration to see others heal.

74

I am dedicated to seeing my doctors, taking my medication and doing the therapy I need to do so that I can continue healing.

75

I can see that the people who love me are in full support of my healing journey.

I wake up with optimism. I know every day gives me a new opportunity to heal and grow.

77

I understand that the obstacles I face today serve a higher purpose. I must be patient as I learn what this is.

78

I set my goals around my healing because I know it's important.

79

I see my struggles with health as challenges that I am able to overcome.

80

I accept that I can't comprehend just how far my ability for healing can extend. I must just have faith and go with it.

I can't do everything today, but I can take one small step.

82

I will do what not many others are willing to do. And I will be successful.

83

My ability to conquer my challenges is limitless; my potential to succeed is infinite.

84

Everything that is happening now is happening for my ultimate good.

85

My efforts are being supported by the universe; my dreams manifest into reality before my eyes.

"Healing may not be so much about getting better, as about letting go of everything that isn't you — all of the expectations, all of the beliefs — and becoming who you are." $\tilde{}$ Rachel Naomi Remen





I never make conscientious decisions that will result in me feeling bad.

87

I know that I must not resist my negative feelings because what I resist will persist. Instead, I accept and move forward.

88

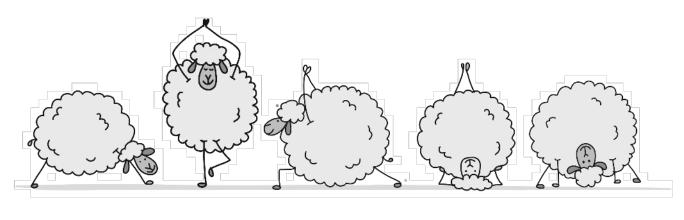
My mental health concerns aren't stronger than my willpower.

89

I recognise the things that I love about myself. This helps me stay in a state conducive to healing.

90

I focus on feeling good when my mind tries to take me elsewhere.



Morning Yoga

"Do you make regular visits to yourself?" ~ Rumi

I know that the challenges I face are opportunities for growth. I must be patient with the process.

92

I know that mistakes are the starting point for success. I must trust that these circumstances aren't pointless.

93

I am intelligent, patient and open-minded enough to find new ways to overcome my challenges.

94

I am patient and kind to myself every day.

95

I am aware that my mind is strong and resilient.

My mental health is a priority and I cannot push it aside. It deserves my full attention.

97

I know that I have the ability to create health and happiness.

98

I take the time to be introspective. I make regular visits within myself to better understand what I need and why.

99

I am always learning new things about the depths of my mind and my mental wellbeing. Life is truly a journey.

100

I acknowledge that it is only a thought, and a thought can be changed.

| "You wake up every morning to fight the same demons that left you the night before, and that, my love, is bravery." $\tilde{\ }$ Unknown | so tired |
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| My Notes | |
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Find the full article: 100 Affirmations for Chronic Illness That Actually Work

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