

Self-Affirmations for Trying Times

I am doing enough.

I am trying my best and it's okay to not be at 100% right now.

I am human and make mistakes. This is what I can do right now.

There are many ways that I am adapting and doing well.

My intention is to be kind and gentle with myself and others.

I can find joy in small moments.

This is a challenging time.

I give myself permission to be imperfect.

Today, I will be peaceful in my daily routine.

I will be gentle on myself.