



AFFIRMATIONS



FOR YOUR EMPOWERMENT ERA

- 1** My weight is not my worth.
- 2** I am worthy of nurturing and healing.
- 3** My eating disorder is not in control.
- 4** I am grateful for everything that my body does for me.
- 5** I will be kind to myself and my body today.
- 6** I am stronger and more powerful than my eating disorder.
- 7** I deserve happiness and peace.
- 8** I am constantly learning and growing.
- 9** I release the need to control everything around me.
- 10** My bad days do not define my progress.



Now, write 5 affirmations of your own, below.

11

12

13

14

15

#EmpoweredByRenfrew

#EDAW



LET'S CONNECT!
@RENFREWCENTER



1-800-RENFREW (736-3739)
WWW.RENFREWCENTER.COM

