

Burnout Recovery Affirmations

My worth is not
measured by
my to-do list.

I am worthy
of all the
care I give
to others.

I am
surrounded
by love and
support.

I give myself
permission to
pause and
breathe.

I listen to my
body and give it
what it needs.

I celebrate my
small victories,
for they lead
to larger ones.

Every day, I
choose balance
over burnout.

Every moment
of self-care is
an investment
in my future.

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This little card pack contains 31 affirmations to help with recovery after burnout.

Draw inspiration and guidance by keeping one where you can see it. Perhaps on your desk, or beside your bed, to bring positive vibes to your world.

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Today, I focus
on what
brings me joy
and peace.

Rest is not a
luxury; it's a
necessity.

I am deserving
of peace and
tranquility.

I have the
strength to
overcome any
challenges that
come my way.

I am more
than my
productivity.

I am in charge of
how I feel, and
today I choose
happiness.

I trust in my
journey and my
unique timeline.

I deserve time
for myself,
without guilt.

By resting, I
recharge and
become more
powerful.

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I am enough,
just as I am
right now.

My energy is
precious, and
I protect it.

My well-being is
a priority, not an
afterthought.

I release the
need for
perfection.

It's okay to ask
for help when
I need it.

I let go of what
no longer
serves me.

Nourishing
myself is a joyful
experience.

I trust the
journey and
embrace the
pace of my
own path.

It's okay to
take a step
back to move
forward.

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By taking care
of myself, I
have more to
give to others.

Boundaries
are a sign of
self-respect.

Every day I
grow stronger
and more
resilient.

I embrace all
that I am
and all that I
will become.

Embracing rest
and self-care
empowers me to
shine brighter

Blank space for writing in the orange-bordered cell.

Blank space for writing in the purple-bordered cell.

Blank space for writing in the blue-bordered cell.