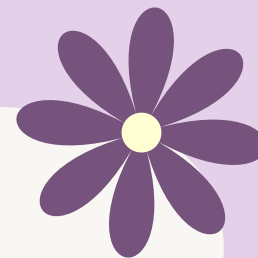


# AFFIRMATIONS

For the COVID conscious community



My voice matters

I get to set my own boundaries

It's okay to feel angry, scared or overwhelmed

I am protecting my family and my community

I'm doing my best under difficult circumstances

I can be present in this moment

I'm part of creating a better future



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