

# AFFIRMATIONS

For the COVID conscious community  
Work edition

I am worthy of  
rest and support

I can mask and  
still be professional

Protecting my  
health protects  
my livelihood

My value isn't  
determined by my  
productivity

It's okay to  
struggle

My contributions  
matter

I deserve to be  
treated with  
respect

I can define what it  
means to be  
successful

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