

Words to Carry

Reclaim your story. Ignite your fire.
— from *Raising Fire* by Lee-Ann F. O'Brien

Come back here when the weight feels like it is too much.

Let these words meet you in the hard mornings.

A steady hand when the world feels sharp.

A quiet ember when everything inside you feels spent.

Even in the heaviness, your Head Fire is still burning.

Even in the ashes, you are still becoming.

What is an affirmation — and why does it work?

An affirmation is a short phrase you return to on purpose. Not magic — a pattern interrupt. A way of redirecting your nervous system when anxiety, grief, or exhaustion starts running the show. You don't have to believe it yet. You're just practicing believing it.

Repetition rewires the story your mind defaults to. Think of it as tending your embers — one small, intentional act at a time. On their own, each feels small. But tended consistently, they connect and grow into something that can withstand wind and rain.

That's what these words are: embers. Keep tending them.

An affirmation is a present-tense statement you offer yourself as if it's already true. The brain doesn't fully distinguish between what is real and what is vividly imagined — which means repeating ***I am enough*** trains the mind to look for evidence that it is. Research in cognitive behavioral therapy supports this: **the language we use about ourselves shapes how we perceive ourselves.**

Affirmations aren't toxic positivity. They're not about pretending. They're a deliberate choice to soften the places that have gone rigid — to redirect your energy toward what's possible, rather than staying tethered to what hurts. You were worthy long before the world taught you to armor up. These words are just a reminder.

USE THEM HOWEVER YOU NEED

- Tape them to your bathroom mirror and read them to your reflection every time you see them.
- Tuck a few into your locker or your bag.
- Whisper them before your feet hit the floor.
- Write one on a sticky note on your car visor.
- Keep them in your coat pocket.
- Record them in your phone's notes app.
- Write one in your notebook before shift.

This is a practice in remembering. In tending the flame. In trusting that even when the fire dims, it never goes out.

MORNING AFFIRMATIONS

For grounding, clarity, and compassion

1. I am grateful for this life — and for one more day in it.
2. Today is a new beginning. I don't have to carry yesterday with me.
3. Be brave. Be confident. Smile.
4. Everything that is meant to be mine is finding its way to me.
5. I am happy, I am healthy, I am whole.
6. I don't chase, I attract. Everything flows effortlessly.
7. I am worthy of love. It is all around me, even when I can't feel it.
8. I am safe to become someone new.
9. My voice matters. My story matters. I matter.
10. There is so much beauty and good all around me.

FOR THE HARD DAYS

To come back to when everything feels heavy

1. This is hard. But I can do hard things. I've already proven that.
2. I am confident. I am calm. I am capable.

3. One breath. One moment. One step at a time. I got this.
4. I don't have to be who I was yesterday. I'm allowed to evolve.
5. I am not broken. I am wounded. And all wounds can heal.
6. I am enough. No one has the power to make me feel different.
7. Whatever challenge comes today, I will have the strength to face it.
8. I accept myself as I am right now — and I trust where I'm going.
9. I am safe. I am still here. That matters.
10. I am still here. I am still becoming. I am raising fire.



These are the words I return to — again and again.

I hope they carry you when your own words are too far away.

I hope they remind you that you're building something sacred.

One breath. One page. One moment at a time.

Keep going.