



EDSA

In partnership with The National Association of
Anorexia Nervosa & Associated Disorders

PROJECT EDSA

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AFFIRMATIONS!

BE PROUD OF YOURSELF EVERYDAY!



- I AM STRONG ENOUGH TO _____.
- I AM CAPABLE OF _____.
- I AM WORTHY OF _____.
- I AM PROUD OF _____.
- I AM GROWING EVERY DAY IN _____.
- I AM LEARNING TO _____.
- I CAN HANDLE _____.
- I CAN BELIEVE IN _____.
- I CAN KEEP GOING EVEN WHEN _____.
- I CAN MAKE PROGRESS IN _____.
- I CAN CHOOSE TO _____.
- I CAN SUCCEED AT _____.

BELIEVE IN YOURSELF

