

Daily Affirmations for Setting Boundaries

Repeat some or all of the following statements two to three times, at least once a day, for a minimum of 30 days to receive the most benefit.

I will treat myself with the same kindness and compassion that I do for animals.

My needs are important and it is a sign of strength to ask for help.

It's okay to focus on myself and be happy.

I am worthy of self-care.

I make time for building resilience.

I accept that I have limitations, and I am enough.

It's healthy to set boundaries to protect my energy.

When I say "no" to certain requests, I am saying yes to sustainable animal advocacy.

I can give my best to animals without losing myself in the process.

I show myself compassion by recognizing my own limits.

I surround myself with people who respect my boundaries.

My needs are important.

I hold my boundaries so I can continue to show up for animals.

Taking time to rest and recharge helps to protect my emotional energy.

I can stand up for myself the same way I stand up for animals.

Setting boundaries allows me to be a better advocate for animals.

I can love, care for, help, and protect animals without sacrificing myself.

Protecting my mental health allows me to move on from the pain of this work without succumbing to the suffering.

I take care of animals by taking care of myself.

Every act of kindness, no matter how small, makes a difference.