

# Mindful Affirmations and Actions

## Ten cards to help boost your mental well-being



Brought to you by CloudMD's family of brands

*Say This:*

“I am doing the best  
that I can, and for that,  
I am proud of myself.”

Brought to you by CloudMD's family of brands



## *Say This:*

“If I never made mistakes, I wouldn’t be able to learn from them. I forgive myself for my mistakes and recognize that they will help me grow.”

Brought to you by CloudMD’s family of brands



## *Say This:*

“I am proud of the person I am becoming, regardless of what’s happened in the past. I am working on being the best version of myself every day.”

Brought to you by CloudMD’s family of brands

**Kii**



HumanaCare

**Mind  
Beacon**

*Say This:*

“I deserve to treat myself with the same kindness and compassion I treat others with.”

Brought to you by CloudMD's family of brands



*Say This:*

“I am a priority, and I  
am worthy of love and  
respect.”

Brought to you by CloudMD's family of brands



*Try This:*

Look in the mirror and  
say out loud at least  
one thing that you love  
about yourself.

Brought to you by CloudMD's family of brands



*Try This:*

Think of one thing you  
are grateful for today.

Write it down and keep  
it somewhere safe.

Brought to you by CloudMD's family of brands



## *Try This:*

Check in with yourself.

Reflect on how you are feeling in this exact moment and identify what you could do to prolong this feeling or to make yourself feel better.

Brought to you by CloudMD's family of brands

**kii**



HumanaCare

**Mind  
Beacon**

*Try This:*

Stop, sit down, and  
think about one thing  
that made you smile  
today.

Brought to you by CloudMD's family of brands



## *Try This:*

Think about something that makes you a good friend.

Write it down and keep it somewhere safe so you can look back at it when you're feeling down on yourself.

Brought to you by CloudMD's family of brands

