

# 11 AFFIRMATIONS

TO HELP YOU DO LESS AND HAVE MORE

1. When I do less, I make more space for what matters most.

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2. It's safe for me to take a break.

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3. Downtime is valuable time.

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4. My worth is determined by who I am, not by what I do.

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5. Being is just as valuable as doing, and sometimes even more so.

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6. I accept that this is a productive time even though nothing can be seen yet.

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7. Taking frequent breaks allows me to do my best work.

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8. Rest is productive.

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9. I am my best self when I am well rested.

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10. My creativity is fueled by rest.

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11. Doing less allows me to have more of what matters in my life.