

# Using affirmation as a tool for change

A thyroid patients journey  
from disbelief to diagnosis.

The word 'CAN' is rendered in large, colorful, 3D block letters. The 'C' is yellow, the 'A' is pink, and the 'N' is light blue. Each letter has a dark blue outline and a slight shadow, giving it a three-dimensional appearance. They are set against a white circular background.

CAN

**create · another · narrative**

I SPEAK WITH  
CONFIDENCE AND  
STRENGTH

CAN

create · another · narrative

YOUR UNIQUE JOURNEY MATTERS. USE THESE BLANK  
CARDS TO CREATE YOUR OWN POSITIVE AFFIRMATIONS

START WITH 'I' OR 'MY'  
TURN A NEGATIVE INTO A POSITIVE  
WRITE IN THE PRESENT  
ADD EMOTION  
MAKE THEM SHORT



# Today I will:

1. Share my experiences, highlighting the challenges and barriers I faced
2. Explain how affirmation helped me and how you too can use this tool
3. Encourage you to **Create Another Narrative** and inspire change for yourself and others

Share my experiences, highlighting  
the challenges and barriers I faced



**CAN**

**create · another · narrative**

**I KNOW MY BODY**

5-10% of women experience  
postpartum thyroiditis

- American Thyroid Association

Explain how affirmation helped me  
and how you too can use this tool



I DESCRIBE MY  
SYMPTOMS WITH  
CONFIDENCE

CAN

create · another · narrative

MY EXPERIENCES  
ARE MY EXPERTISE

I LOVE MYSELF  
ENOUGH TO KEEP  
GOING

I DESERVE HELP  
AND SUPPORT

I EMPOWER MYSELF  
WITH KNOWLEDGE

I SPEAK WITH  
CONFIDENCE AND  
STRENGTH

I AM KIND  
TO MYSELF

I BELIEVE IN  
MY BODY

Your beliefs become your thoughts

Your thoughts become your words

Your words become your actions

Your actions become your habits

Your habits become your values

Your values become your destiny

- Mahatma Gandhi

‘Research has confirmed that brain cells translate the mind’s perceptions (beliefs) of the world into complementary and unique chemical profiles that, when secreted into the blood, control the fate of the body’s 50 trillion cells.’



CAN

**create · another · narrative**

Bruce H Lipton. (2015) Biology of Belief, London: Hay House Ltd  
UK (p 139)

Encourage you to **Create Another Narrative** and inspire change for yourself and others



CAN

create · another · narrative

I PUT MYSELF  
FIRST

I AM PROUD TO  
SPEAK OPENLY AND  
HONESTLY ABOUT MY  
JOURNEY

CAN

create · another · narrative

The logo features the word 'CAN' in large, 3D block letters. The 'C' is yellow, the 'A' is pink, and the 'N' is light blue. Below the letters, the tagline 'create · another · narrative' is written in a smaller, dark blue font. The entire logo is centered within a white circle that has a torn-paper edge effect. The background of the slide is split into a teal top half and an orange bottom half.

CAN

create · another · narrative

A yellow sticky note is pinned to a light yellow background. The note contains the text 'I ALLOW MYSELF TO FEEL FED UP, GRUMPY AND FRUSTRATED' written in a dark blue, hand-drawn font. The note is slightly tilted and has a white paperclip shadow at the bottom right corner.

I ALLOW MYSELF TO  
FEEL FED UP, GRUMPY  
AND FRUSTRATED



YOUR UNIQUE JOURNEY MATTERS. USE THESE BLANK  
CARDS TO CREATE YOUR OWN POSITIVE AFFIRMATIONS

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Let's Create!

Questions and  
Feedback

Thank you

The logo for 'CAN' features three stylized, 3D block letters. The letter 'C' is yellow with a black outline and a drop shadow. The letter 'A' is pink with a black outline and a drop shadow. The letter 'N' is light blue with a black outline and a drop shadow. The letters are arranged horizontally and are set against a white circular background.

CAN

**create · another · narrative**

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