

DISABILITY DOESN'T DEFINE Me

It's a part of my experience,
not the sum of who I am.



It am not my diagnosis. I am not my limitations.
I am a whole person with dreams, strengths, and worth.

I AM MORE THAN MY DISABILITY

- My disability may be part of my journey, but it is not my destination.
- I have unique gifts, talents, and perspectives that the world needs.
- I am still growing, learning, and becoming who I'm meant to be.
- I deserve respect, opportunities, and a life full of choices.
- I am strong in ways I never expected.

I am enough, exactly as I am.



AFFIRMATIONS FOR EVERY DAY

- I am more than my diagnosis.
- My worth is not measured by my abilities.
- I define my own success.
- I choose progress, not perfection.
- I am allowed to take up space.
- I am capable of amazing things.
- My voice matters.
- I am not a burden.
- I am proud of how far I've come.
- I will not let limits define my life.

*I am resilient. I am worthy.
I am me.*



THINGS TO REMEMBER

- You are still you. Your personality, values, and passions are still at the core.
- You bring value to the world just by being you.
- Challenges do not diminish your potential.
- It's okay to need support. Needing help is not a weakness.
- You inspire others more than you know.

You are not defined by what you can't do, but by who you choose to be.



YOU ARE MORE THAN...

a diagnosis	a limitation	a medical record	a bad day	what others expect	society's standards	your past

WHAT MATTERS MOST

- How you treat yourself
- The impact you have on others
- The courage you show each day
- The dreams you keep pursuing
- The difference you make



“Disability may shape my journey, but it doesn't write my story.”

I am the author of my life.



TO WHOEVER NEEDS TO HEAR THIS

- You are not alone.
- You are not broken.
- You are not defined by your disability.

*You are brave. You are strong.
You are enough.*



My disability is one chapter. I am the whole book. And the best parts are still ahead.