

HEY, LOOK AT YOU, DOING THE THING

# ARTFUL AFFIRMATIONS FOR SPOONIES AND CRIPS

GOOD ENOUGH IS GOOD ENOUGH, AND OTHER  
STATEMENTS TO CUT THROUGH INTERNALIZED ABLEISM  
AND OTHER BULLSHIT

ELLE BILLING | [ELLEANDWINK.COM](http://ELLEANDWINK.COM) | @ELLEANDWINK

Download and print at home.

10+ affirmations for the perpetually  
exhausted



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affirmations for spoonies

GOOD  
ENOUGH IS  
GOOD  
ENOUGH

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affirmations for spoonies

I CAN REST  
WHEN I NEED  
TO REST

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affirmations for spoonies

I HAVE EXACTLY  
AS MUCH TIME AS  
I NEED TO  
CREATE

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affirmations for spoonies

ART IS A  
WORTHWHILE  
ENDEAVOR FOR  
ITS OWN SAKE

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affirmations for spoonies

MY  
PRODUCTIVITY IS  
NOT A MEASURE  
OF MY WORTH

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affirmations for spoonies

A SLOTH IS  
PERFECTLY  
ADAPTED TO ITS  
ENVIRONMENT

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affirmations for spoonies

I AM AN  
INHERENTLY  
CREATIVE  
BEING

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affirmations for spoonies

MY EMOTIONS  
ARE VALID  
AND USEFUL

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affirmations for spoonies

I AM DIVINELY  
CREATED TO CO-  
CREATE WITH THE  
DIVINE

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affirmations for spoonies

CREATING ART  
IS HEALING  
AND CATHARTIC

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affirmations for spoonies

MY ART  
CONNECTS ME  
TO OTHER  
PEOPLE

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affirmations for spoonies

MY ART IS  
WORTHY OF  
BEING SEEN

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affirmations for spoonies

I CAN  
TRANSFORM  
MY WORLD  
THROUGH ART

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affirmations for spoonies

I AM ALREADY  
ENOUGH

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affirmations for spoonies

ART ALREADY  
LIVES WITHIN  
ME

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affirmations for spoonies

I AM WHOLE.

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affirmations for spoonies

I AM  
COMPLETE

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affirmations for spoonies

CREATING ART  
IS A LOVE  
LETTER TO MY  
SELF.

HEY, LOOK AT YOU, DOING THE THING

# Do you feel seen?

Living with chronic illness or disability can be an isolating experience. If these affirmations speak to you, and you are looking for more of that “feeling seen and validated” experience with crip and spoonie artists, uncoupled from the expectations and demands of capitalism, this is your invitation to **Spoonie Studio**.

**Spoonie Studio** is a virtual co-creating space just for us. All disciplines, all disabilities, on an inclusive platform.

JOIN [SPOONIE STUDIO TODAY](#), AND MAKE ART  
WITHOUT THE ABLEISM.

