

Print and cut out these 'Sustainable Caring Reminder Cards' and utilize them when you need a little boost or a moment of self-reflection.

No for 48.

Erin Halligan-Avery



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**My energy is
information.**

Erin Halligan-Avery



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**Care without
self-abandonment.**

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**What am I carrying
that is not mine?**

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**Privilege equals
responsibility.**

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**Boundaries
protect
my values.**

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**I do not have to
earn my worth.**

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**Disappointing someone
is not the same
as harming them.**

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**Boundaries
are kindness
with clarity.**

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**I can be a good
person without
saying yes.**

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**People-pleasing is
not the same as
connection.**

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**A boundary is the
distance where I can care
for you and me, both.**

Erin Halligan-Avery



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