



# SOY Lead Affirmation Deck

This affirmation deck was created at SOY Lead, a pilot peer leadership program at Sherbourne Health running from April 30 to Sept 12, 2019. The 8 youth in this program created this deck as a way for us to showcase some of the community and resilience that we built together.

We know that not all of these cards will speak to everyone but we do hope there is a card that feels like it's made for you. These affirmations, ideas, and phrases reflect our thoughts and feelings captured during the 20 week program that we wanted to share.

SOY Lead covered modules in Social Justice,  
Trauma-Informed Support, 1:1 Support,  
Health Promotion, Facilitation,  
Arts-Based Programming and Evaluation



sherbourne HEALTH





**It's okay to not be okay**





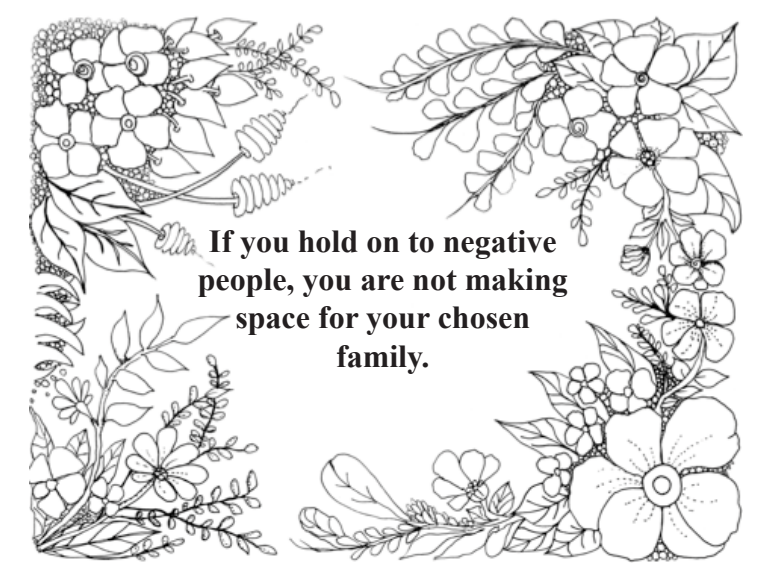
**Your feelings matter**





**You are valid**



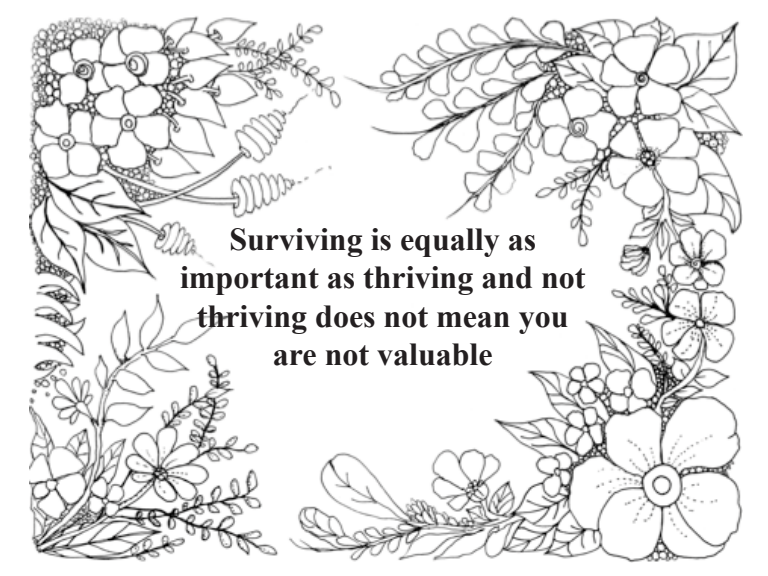


**If you hold on to negative  
people, you are not making  
space for your chosen  
family.**

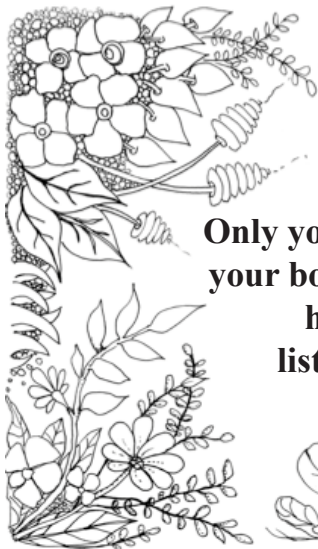


**My self care matters**

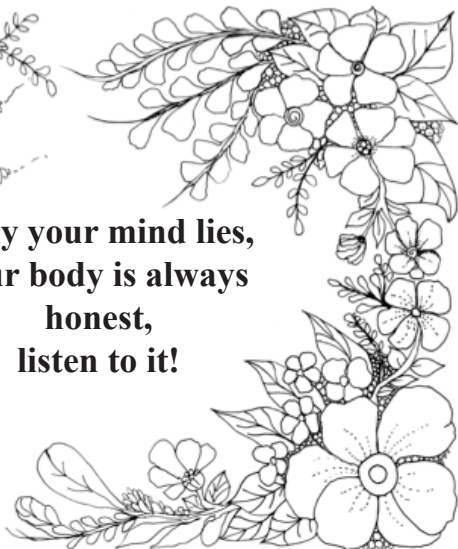




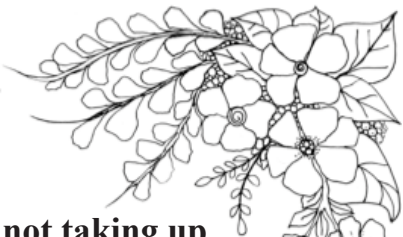
**Surviving is equally as  
important as thriving and not  
thriving does not mean you  
are not valuable**



**Only your mind lies,  
your body is always  
honest,  
listen to it!**

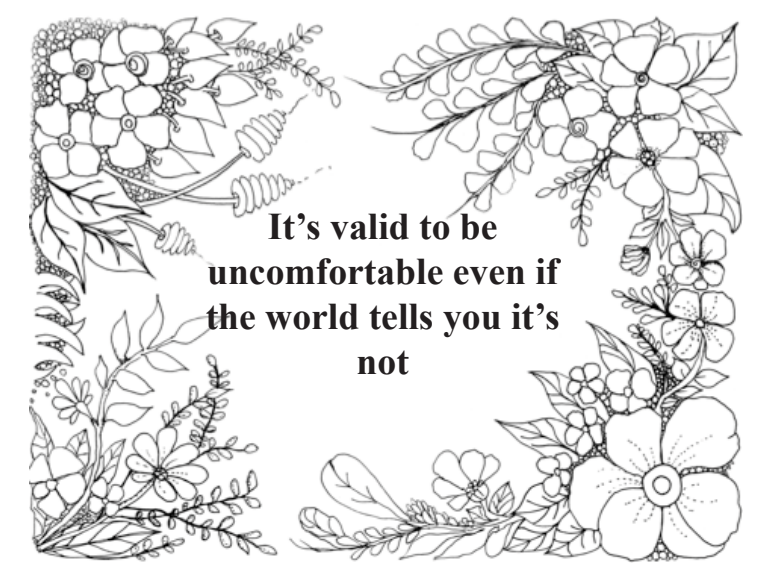




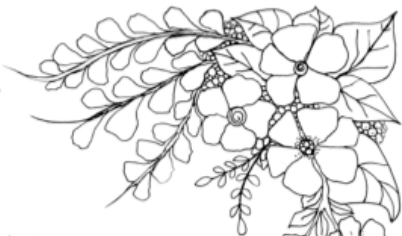
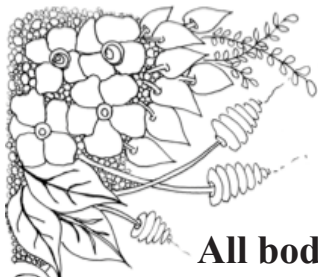


**You are not taking up  
space, you are  
ENTITLED  
to space.**



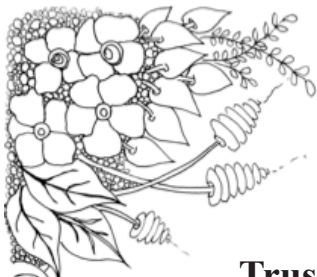


**It's valid to be  
uncomfortable even if  
the world tells you it's  
not**



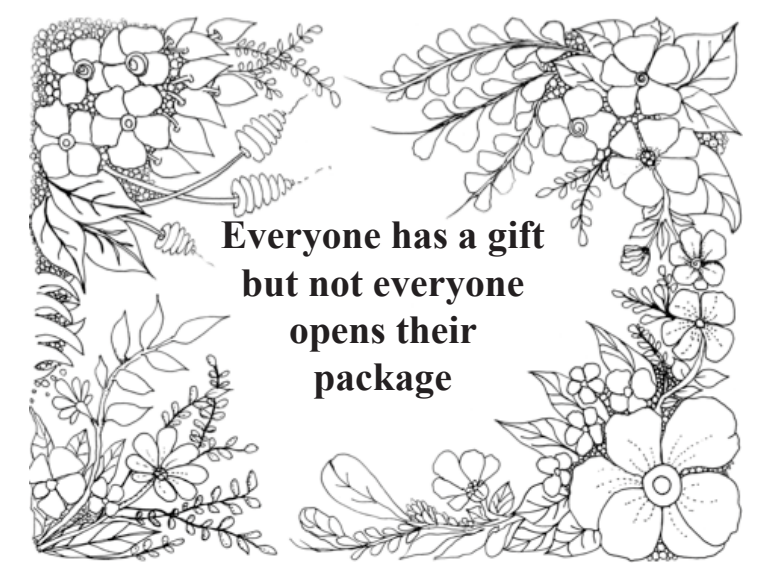
**All bodies are good  
bodies**





**Trust yourself**

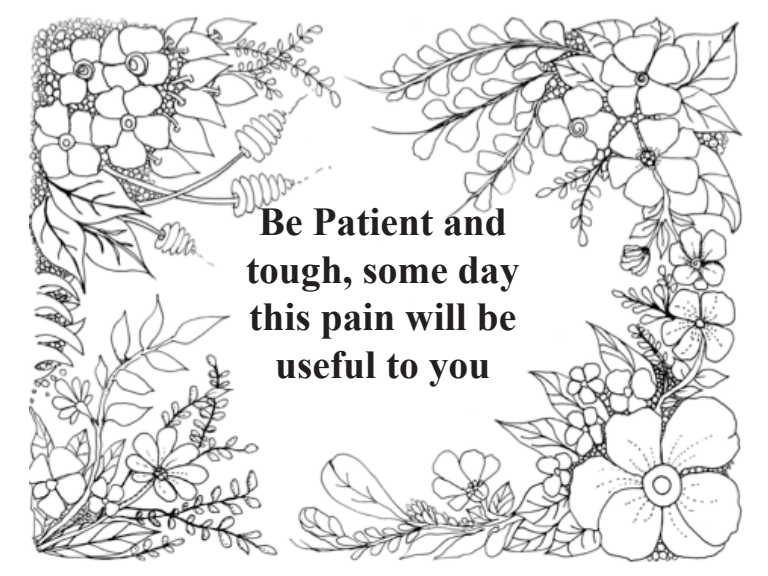




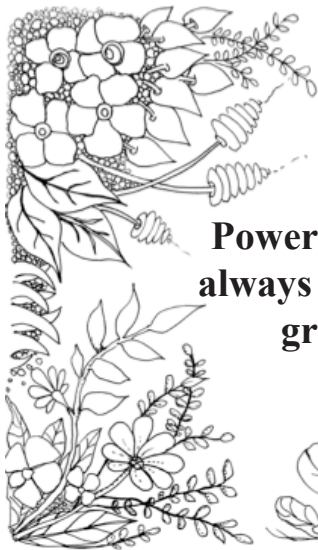
**Everyone has a gift  
but not everyone  
opens their  
package**



**Proud of you**



**Be Patient and  
tough, some day  
this pain will be  
useful to you**



**Power within will  
always be met with  
gratitude**

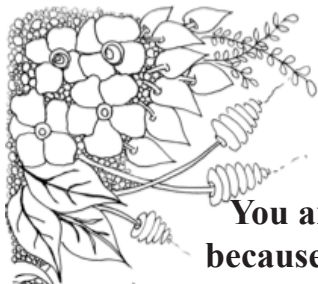




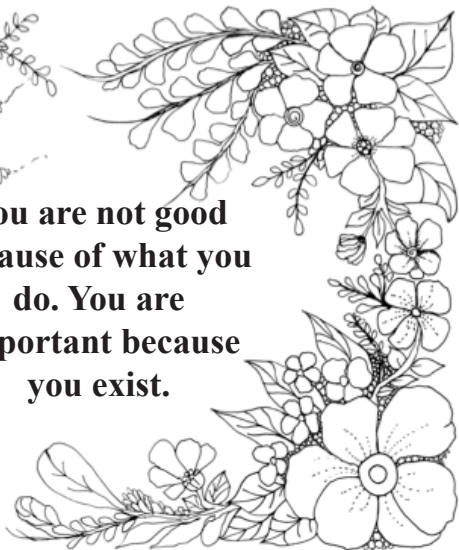
**Honouring our  
stories takes  
courage**

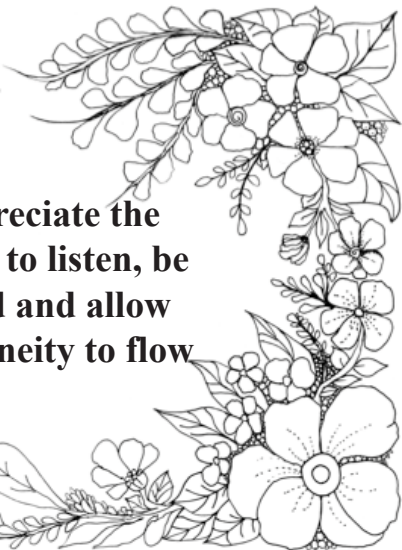


**Write from your  
heart**



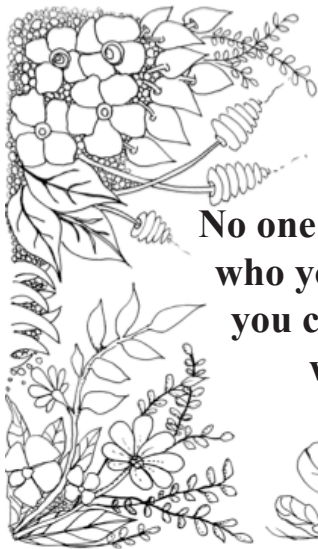
**You are not good  
because of what you  
do. You are  
important because  
you exist.**



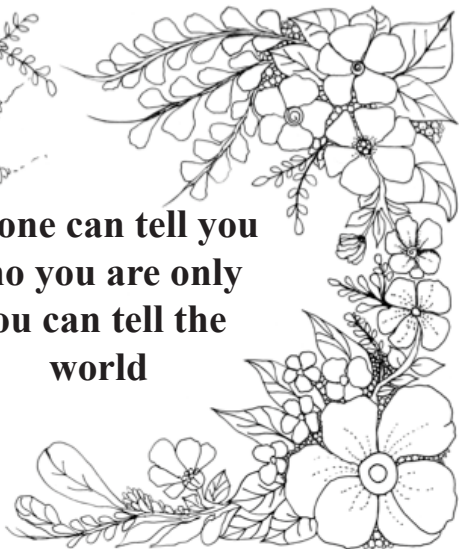


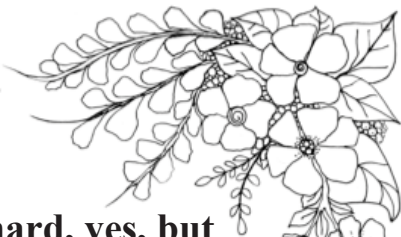
**Appreciate the  
ability to listen, be  
heard and allow  
spontaneity to flow**





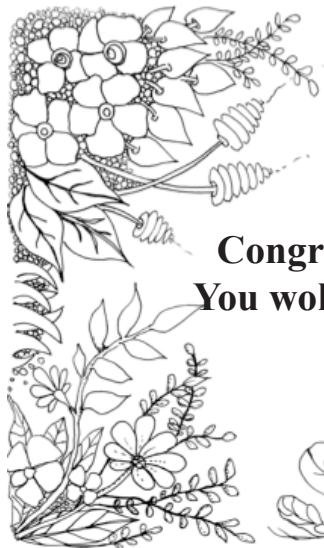
**No one can tell you  
who you are only  
you can tell the  
world**





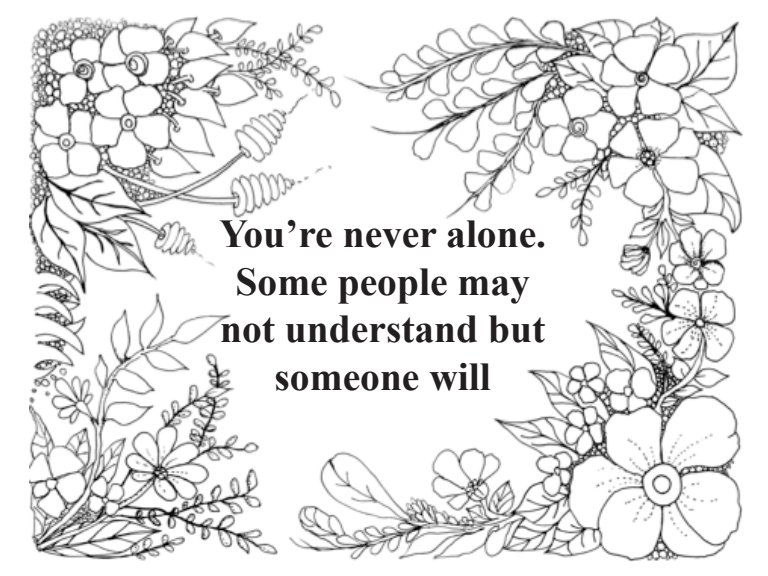
**Life is hard, yes, but  
you are strong and  
here now**





**Congratulations!**  
**You woke up today!**





**You're never alone.  
Some people may  
not understand but  
someone will**





**Be proud of the  
small things**





**Listen to an album  
start to finish**





**My power comes  
from...**



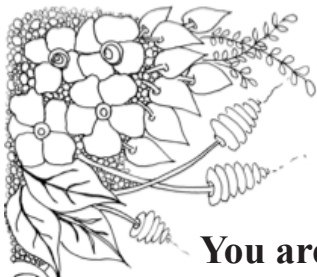
**Be accountable with  
your privilege**



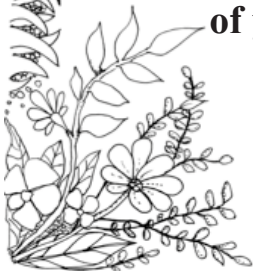


**Being called in is an  
act of care**



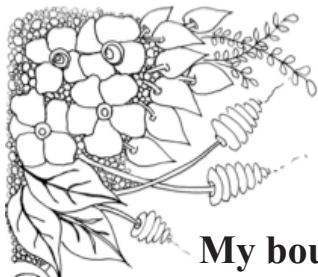


**You are the author  
of your own story**






**BE YOU!**



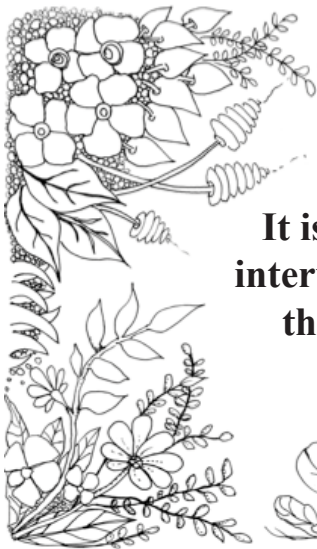
**My boundaries are  
good boundaries**







**Community  
supports are often  
hard to access,  
don't give up!**



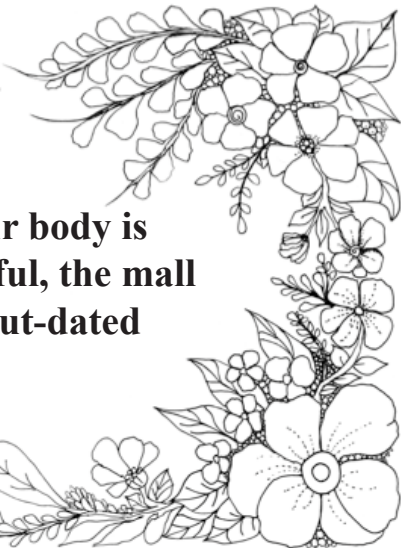
**It is vital to  
interview your  
therapist**






**It's not you, it's the  
clothes**





**Your body is  
beautiful, the mall  
is out-dated**



**You do not need  
dating apps to  
affirm that you are  
desirable**



**Do not assume in  
queer spaces**





**All food is good  
food**



**Let yourself feel  
emotions**







**Breathe**









