

Affirmation Cards

40 printable cards plus 16 blank cards to write your own

PRINTABLE & FILLABLE PDF · US LETTER

Undated · Digital Store XXL · 2026

- 01** Print on thick paper
- 02** Cut along the dashed lines
- 03** Pick one card every morning

Also lovely as a small gift.

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Cards 1-8

I am enough, just as I am.

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I can do hard things.

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Today I choose calm over
worry.

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I am proud of how far I have
come.

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My feelings are valid.

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I deserve rest without guilt.

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Small steps still move me
forward.

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I am allowed to say no.

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