

## PRINTABLE AFFIRMATION CARDS

### By EmpoweredMebyHT

### **PRINTING YOUR CARDS**

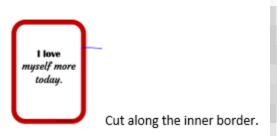
Print with an Inkjet or Laser printer. First and foremost, check to see the thickest your printer can handle before you get started. Do a test print with regular paper first. Then experiment with a few different types. We recommend printing them on coloured paper using thick paper or card stock between 160-240gsm+ (60lb-90lb+). You can even use paper with a nice texture. I recommend Astrobrights brand cardstock 65lb Champagne Pearl and White Silver. Choose your favorite colors.

### NO PRINTER AT HOME

Please save the file on a USB drive and take it to your print shop. Alternatively, you can email them the file. They will have a wide range of paper types for your selection. Most print shops will cut the cards to size.

### **DISPLAY**

Cut them with scissors for an accurate cut. We recommend you cut the cards using the inner border as your guide. Then display them on a vision board as a reminder of what you need to focus on for the day. You can even carry them with you as part of your development journey. These cards can be part of your mantra.



### **BOX**

The cards are 13 by 9 cm. If you don't keep the cards on your vision board, we recommend storing them in a small gift box. They are your guide to your self-empowerment journey.

Thank you for supporting our little shop. We wish you a day that matters.

Please share your experience by posting it on https://www.etsy.com/ca/shop/EmpoweredMEbyHT

NOTE: Printable affirmation cards are for personal use only, not to be redistributed or resold without permission.

I AM *ready.* 

ONE DAY

at a time.

www.empoweredme.ca

I love myself more today. Today,
I CAN DO
anything

FOR ONE minute.

THIS IS temporary.

I CAN ASK for help.

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I FEEL

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more joy today than yesterday.

I SMILED today.

I
RECOGNIZED

myself in
the mirror.

I AM PROUD

of myself.

I WOKE UP

feeling

grateful.

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I SAW

a light
shining
through my
window.

I TRUST

the

process.

# I BELIEVE

my friends and family care. WOW!

I actually matter.

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I LOVE
myself more
today.

I Am
READY
to smile.

This is

MY
JOURNEY.

No one has

to

understand
it.

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I can't stand
the words:
"get over it."
I AM
HEALING
my way.

THIS PAIN IS VALID.

I own it.
It is mine
to
Experience.

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LEARNING
how to stop
apologizing
for who
LAM.

I don't have
to be
POSITIVE all
the time. It's
okay to feel
sad and
anxious.

I AM

afraid but doing it somehow.

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Being confused means

I AM
LEARNING
more about
myself.

I miss my mind the most but,

I AM PATIENT

with myself.

I wasn't born
with a
manual on
how to get
things right.

This pain
EMPOWERS
me to be a
better me.

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I AM
overcoming
pain every
day.
I AM

practicing

**SELF-CARE.** 

I AM

human, I
can't be
happy every
day.

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Talking
about my
feelings
makes it
less scary.

I AM SAFE here...

In this
very
moment.

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I AM
not falling
apart.

I AM

building an understanding OF ME.

I AM hopeful.

I BELIEVE

IN ME.

# I AM WORTHY of LOVE.

I will not give up on myself.

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I AM

not ashamed of my story.

I WILL

inspire others.

the strength
to get
through
this.

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These feelings are not facts.
THEY TOO WILL PASS.

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