



PRINTABLE AFFIRMATION CARDS

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. Alternatively, you can print them on Black color. They will look just as classy as the colored ones. The choice is yours.

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. You can cut around the inner border or outer border. It's your choice. If some cards appear bigger, trim them to fit.



Cut along the inner border.

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://empoweredme.ca/product/downloadable-cards/>

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

I REFUSE

*to be held by
the chains of
not being
Enough.*

**I AM
ENOUGH.**

www.empoweredme.ca

ONE DAY
at a time.

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I love
*myself more
today.*

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Today,
I CAN DO
anything

FOR ONE
minute.

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THIS IS
temporary.

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I CAN ASK
for help.

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I FEEL
more joy
today than
yesterday.

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I SMILED
today.

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I
RECOGNIZED
*myself in
the mirror.*

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I AM PROUD
of myself.
I WOKE UP
*feeling
grateful.*

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I SAW
*a light
shining
through my
window.*

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I TRUST
*the
process.*

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I BELIEVE
*my friends
and family
care.*

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WOW!
*I actually
matter.*

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I LOVE
*myself more
today.*

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I Am
READY
to smile.

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This is
MY
JOURNEY.
No one has
to
understand
it.

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THIS PAIN
IS VALID.
I own it.
It is mine
to
Experience.

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

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I AM
LEARNING
how to stop
apologizing
for who
I AM.

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

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I AM
*afraid but
doing it
somehow.*

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*Being
confused
means
I AM
LEARNING
more about
myself.*

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*I miss my
mind the
most but,
I AM
PATIENT
with myself.*

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

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*This pain
EMPOWERS
me to be a
better me.*

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I AM
*overcoming
pain every
day.*

I AM
practicing
SELF-CARE.

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I AM
*human, I
can't be
happy every
day.*

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*Talking
about my
feelings
makes it
less scary.*

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I AM SAFE
here...

In this
very
moment.

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I AM
*not falling
apart.*

I AM
*building an
understanding*
OF ME.

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I AM
hopeful.

I BELIEVE
IN ME.

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**I AM
WORTHY of
LOVE.**

*I will not
give up on
myself.*

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I HAVE
*the strength
to get
through
this.*

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I AM
*not ashamed
of my story.*

I WILL
*inspire
others.*

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*These
feelings are
not facts.*
**THEY TOO
WILL PASS.**

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