



affirmation
Cards



**Success is a
journey, not a
destination.**

Keep moving



affirmation
Cards



**“Keep your face to the
sunshine and you
cannot see a shadow”**

- Helen Keller



affirmation
Cards



**“If you don’t like
the road you’re
walking, start paving
another one.”**

- Dolly Parton



affirmation
Cards



**Find joy in the little
things and positivity
will follow.**



affirmation
Cards



**“A mother’s arms are
made of tenderness
and children sleep
soundly in them.”**

- Victor Hugo



affirmation
Cards



**Lighten up on yourself.
No one is perfect.
Gently accept your
humanness.”**

- Deborah Day



affirmation
Cards



**Taking care of
yourself isn't a luxury;
it's a necessity.**



affirmation
Cards



**“Get more
confidence by doing
things that excite
and frighten you.”**

- Jessica Williams



affirmation
Cards



**Self-care is not
about escaping life,
it's about embracing it
with balance**



affirmation
Cards



**“Don’t be pushed
around by the fears in
your mind. Be led by
the dreams in
your heart.”**

- Roy T. Bennett



affirmation
Cards



**Don't just count
the days, make the
days count.**



affirmation
Cards



**I am in charge of how
I feel, and today I
choose happiness.**



affirmation
Cards



**Let go of doubt and
embrace confidence.**



affirmation
Cards



**“Pursue what catches
your heart, not what
catches your eyes.”**

- Roy T. Bennett



affirmation
Cards



**You have the power to
make today amazing.
Go for it!**



affirmation
Cards



“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.”

- Roy T. Bennett



affirmation
Cards



**I can create a
peaceful balance
between family life
and my own needs.**



affirmation
Cards



**Start where you are,
use what you have and
do what you can.**



affirmation
Cards



**“The only way to
grow is to challenge
yourself.”**

- Ashley Tisdale



affirmation
Cards



**I am always
becoming the best
version of myself.**