





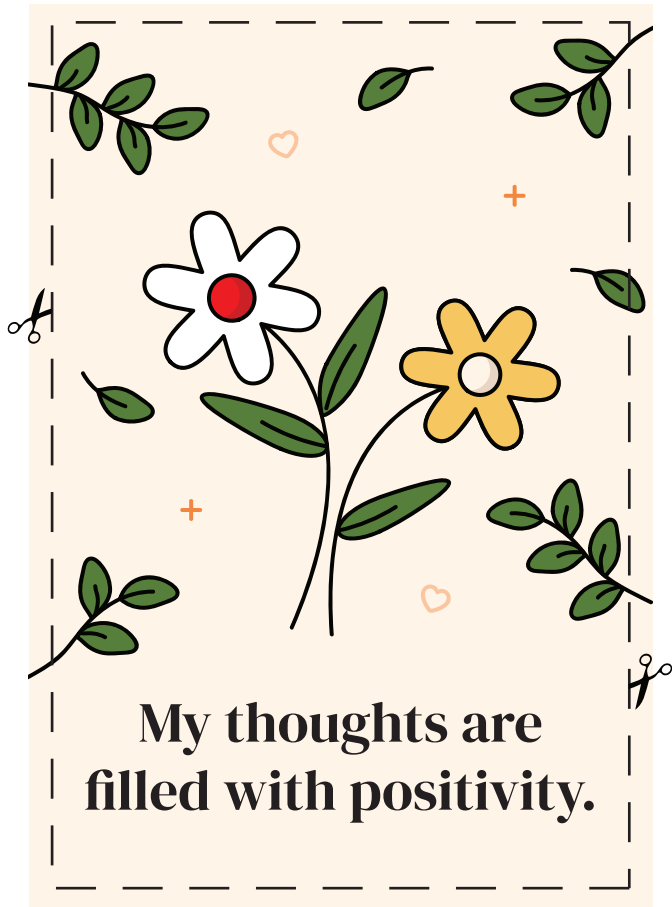

Self-Care Affirmations Cards



Print and cut out these affirmation cards so you can place them on your fridge, mirror, or bulletin board. Use them as your daily reminder to take care of yourself. If you want to inspire a friend or family member, print out a card you think will lift their spirits.

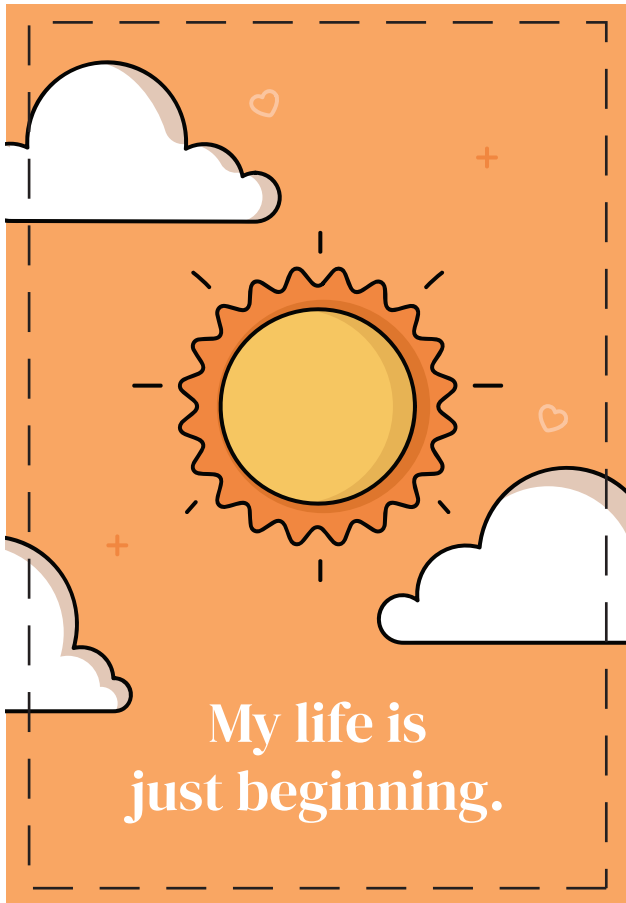
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**My thoughts are
filled with positivity.**



**I deserve peace,
joy, and love.**



**My life is
just beginning.**



**I will be okay. Just
keep breathing.**