

# Create Your Own Affirmation Cards

An affirmation is a simple, first-person statement designed to inspire a sense of confidence, clarity, peace, or purpose. Repeating affirmations can remind you of your strengths when you are facing a challenge, experiencing self-doubt, or looking to ground and center yourself.

**Directions:** Use the templates on pages 1 and 2 to create 14 affirmation cards of your own. On each card, write an affirmation that you can use for encouragement throughout the day. Start each affirmation with "I" and keep it short so that it's easier to repeat!

## Looking for inspiration?

Write an affirmation based on:

- How you see yourself in your best moments
- Phrases that inspire you to tackle challenges
- Meaningful compliments or appreciations you have received



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# Create Your Own Affirmation Cards

**Keep going!** Use the templates below to create the rest of your affirmation cards.



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