

Affirmation Cards (A4)

Cut these out. Keep statements believable, specific, and kind.

I can do one small thing next.	I can ask for help when I need it.
I'm learning to be gentler with myself.	Rest is productive for me.
I've handled hard days before.	I can pause and breathe before I choose.

Print at 100% on A4, cut, and keep handy.