

Affirmation Cards



Suggested Instructions:

Affirmation cards could be a helpful addition to your day. They can be incorporated into your morning or bedtime routine. You may find it helpful to use one or two cards a day, repeating the statements to yourself for about a minute. Continuous use of the cards may help promote wellbeing and strengthen your ability to deal with stress over time.

Feel free to print or use digitally. You may enjoy them as reminders on your phone's lock or home screen.

DISCLAIMER:

Information and resources provided on the internet by Harmony in Parenting - A Psychology Center, Inc. does not constitute psychotherapy, a replacement for a therapeutic relationship, or a substitute for mental health or medical care.

Please consult your physician or mental health provider regarding advice or support for your health and wellbeing.

If having a psychiatric emergency, please call your local 24-hour hotline, 911, or emergency services.





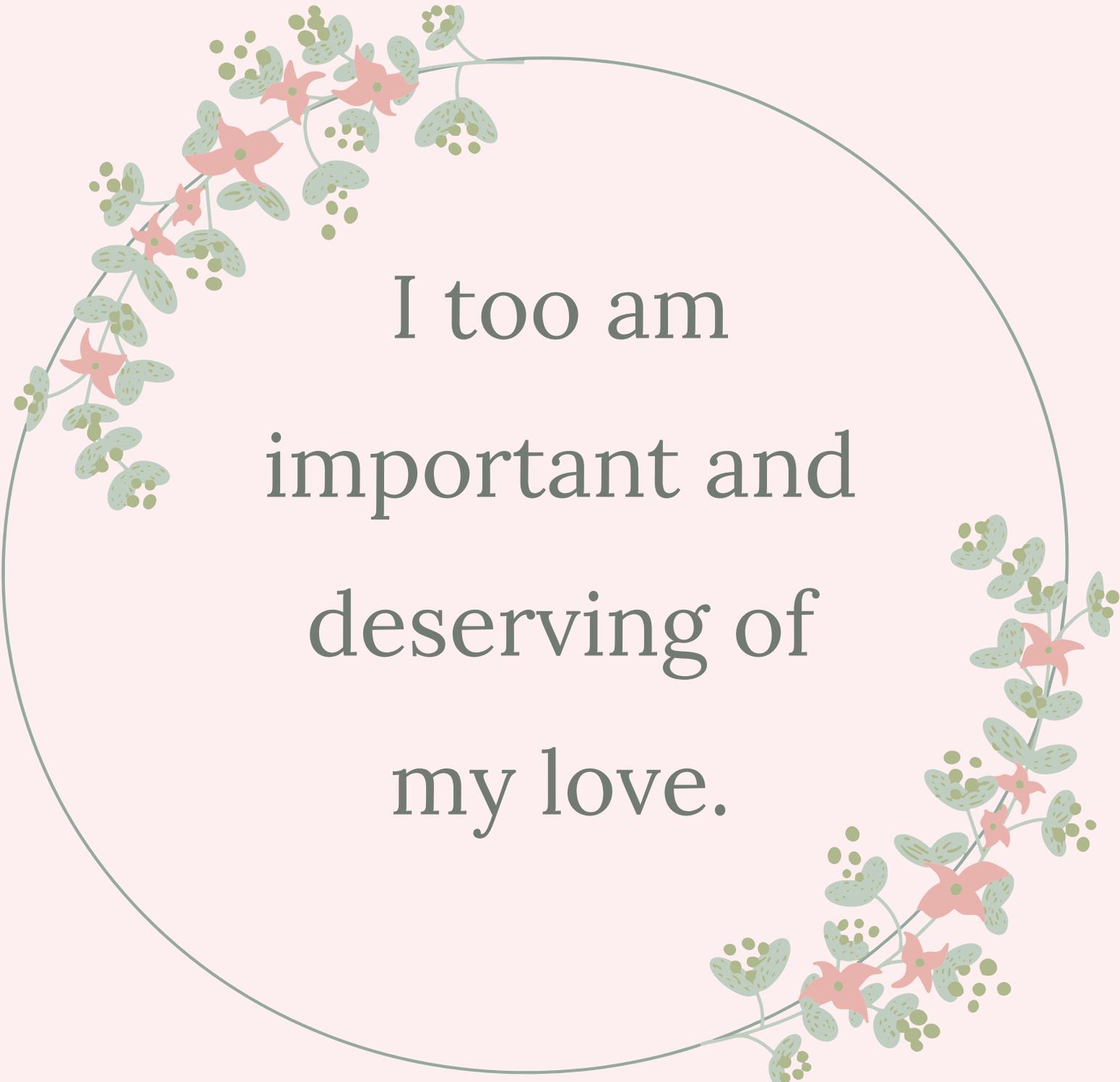
I trust that all
I desire is
within reach.





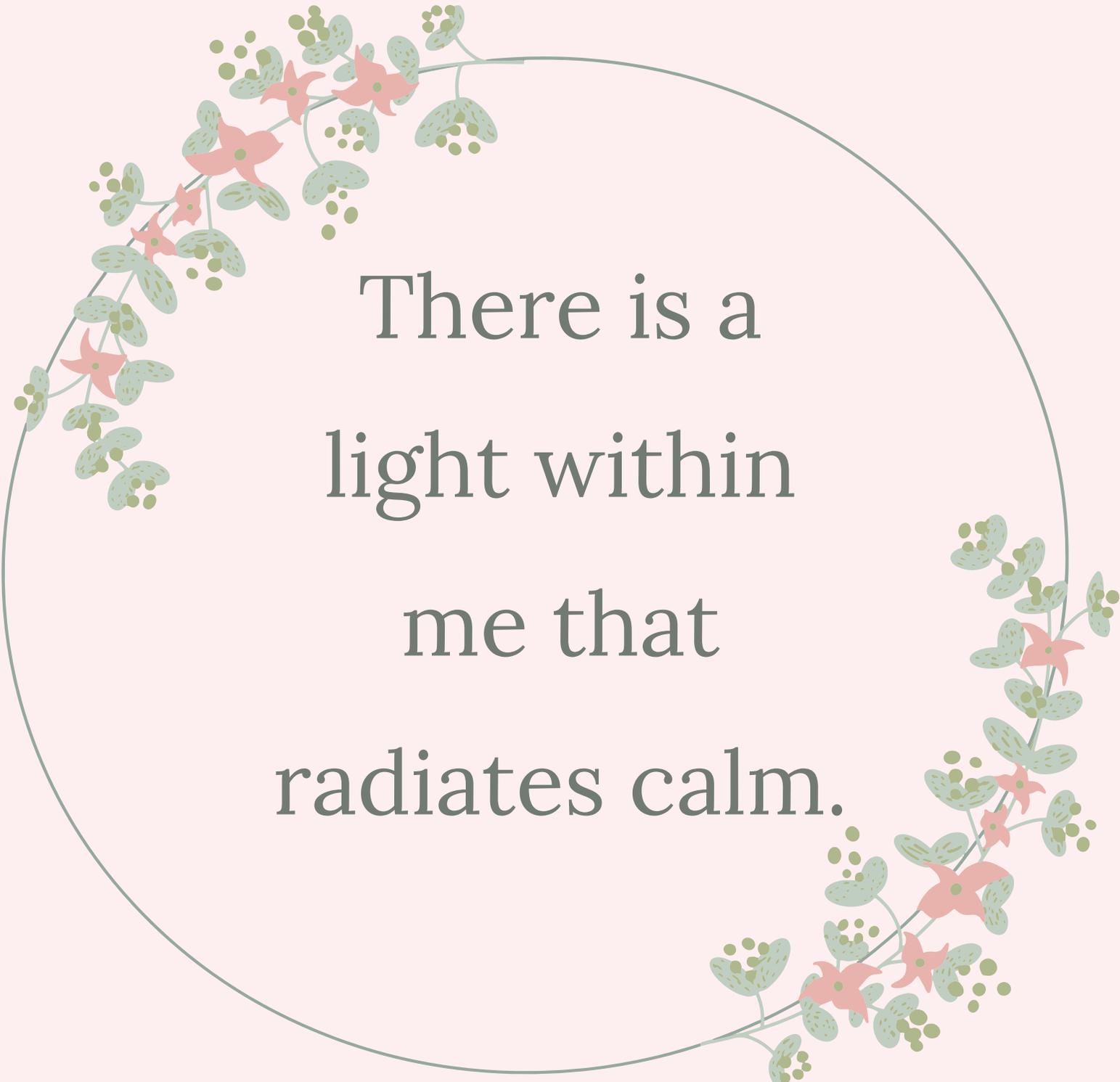
As I lay my
hand on my
heart, may I
feel healing.





I too am
important and
deserving of
my love.





There is a
light within
me that
radiates calm.





May I access
my ability to
make
decisions with
ease.





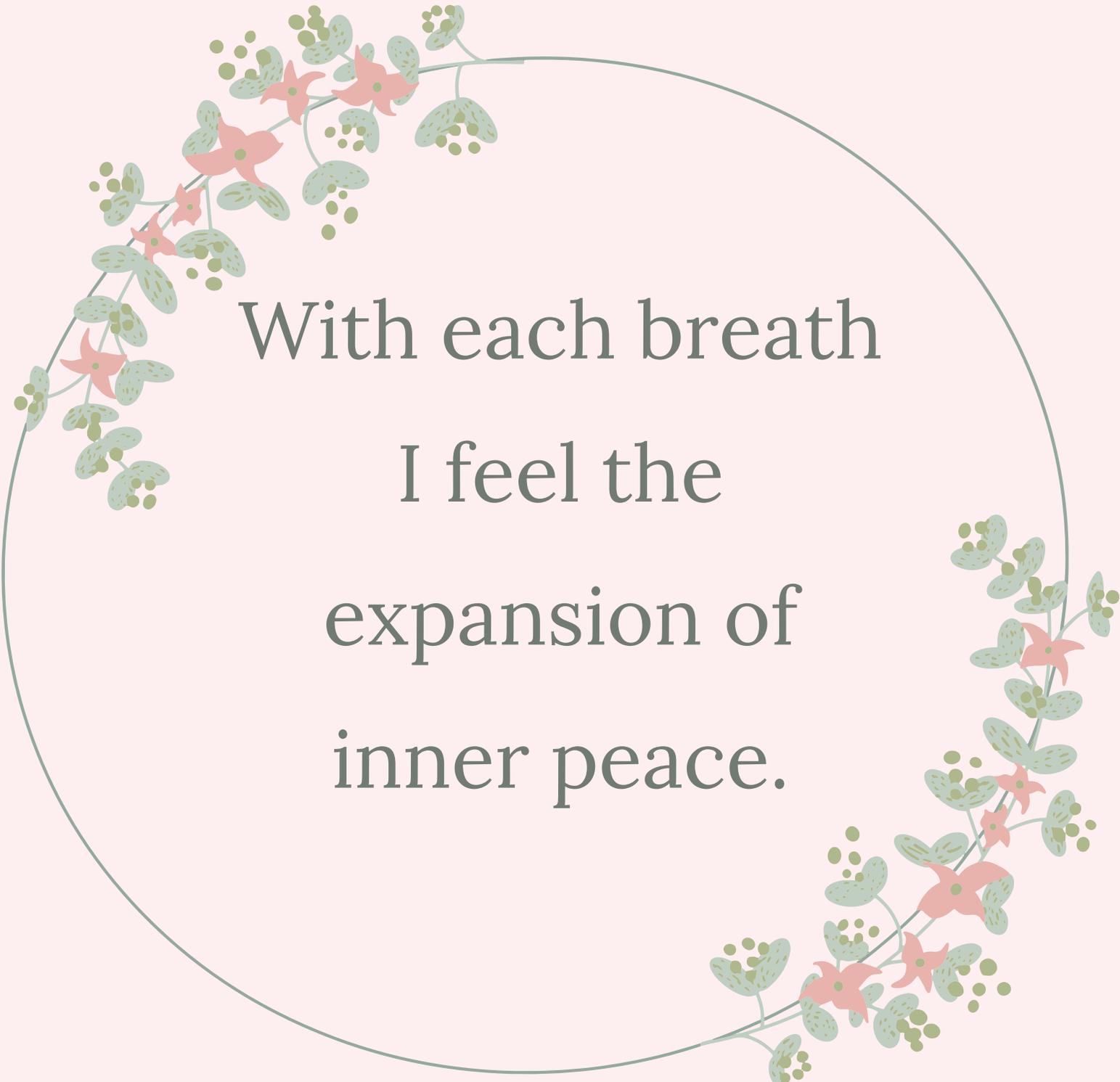
May I attend to
my own needs
before I respond
to the needs of
others.





Now I place my
well-being at the
top of my to-do
list.





With each breath
I feel the
expansion of
inner peace.





As I slow down,
may I fully
experience each
moment's gift.





I envision calm
wash over me
with each breath.





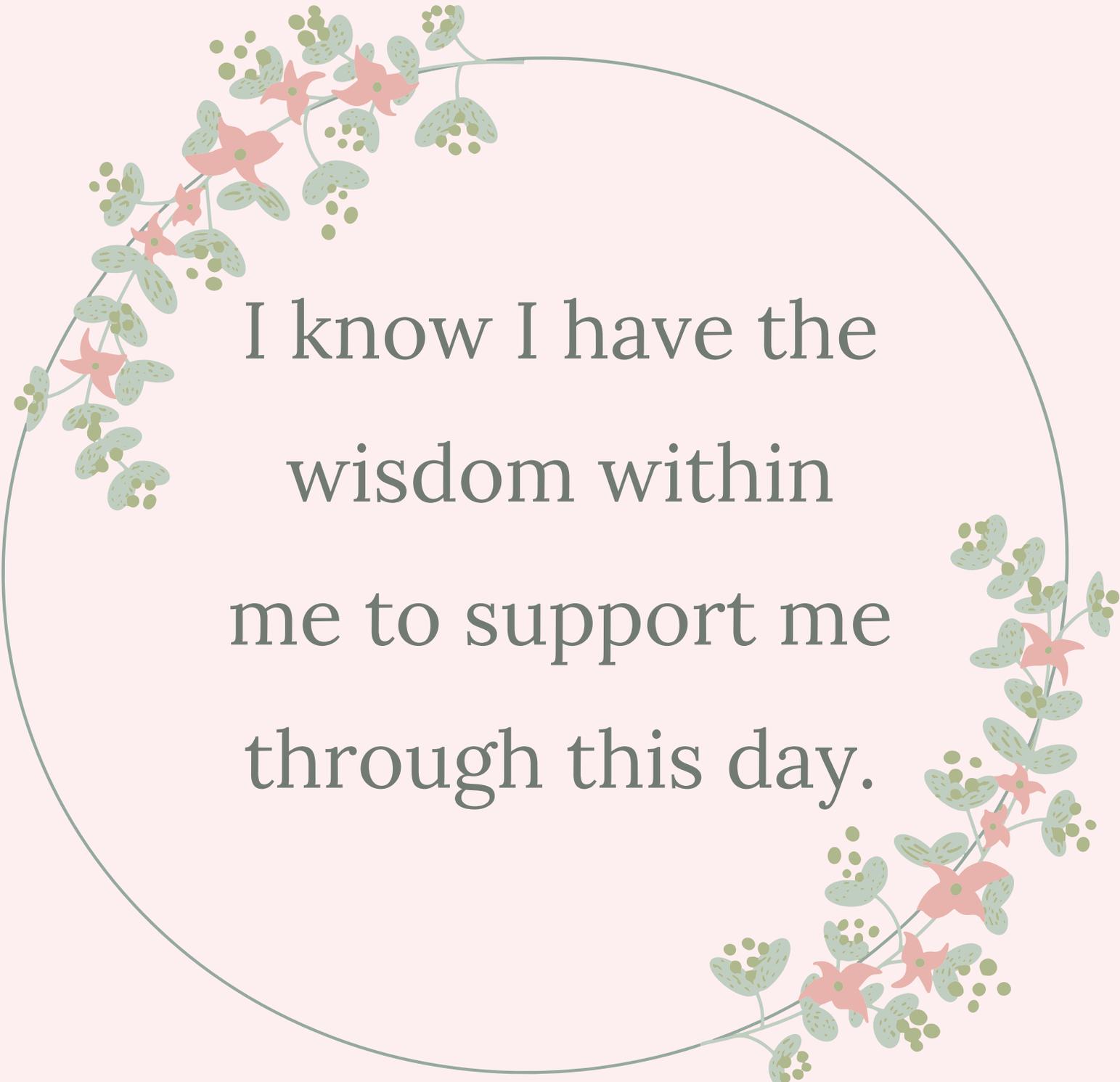
In this moment,
may I feel safe
and at ease.





May I allow
patience and
ease to flow from
me.





I know I have the
wisdom within
me to support me
through this day.





I accept and love
all of me, even
when I see my
imperfections.





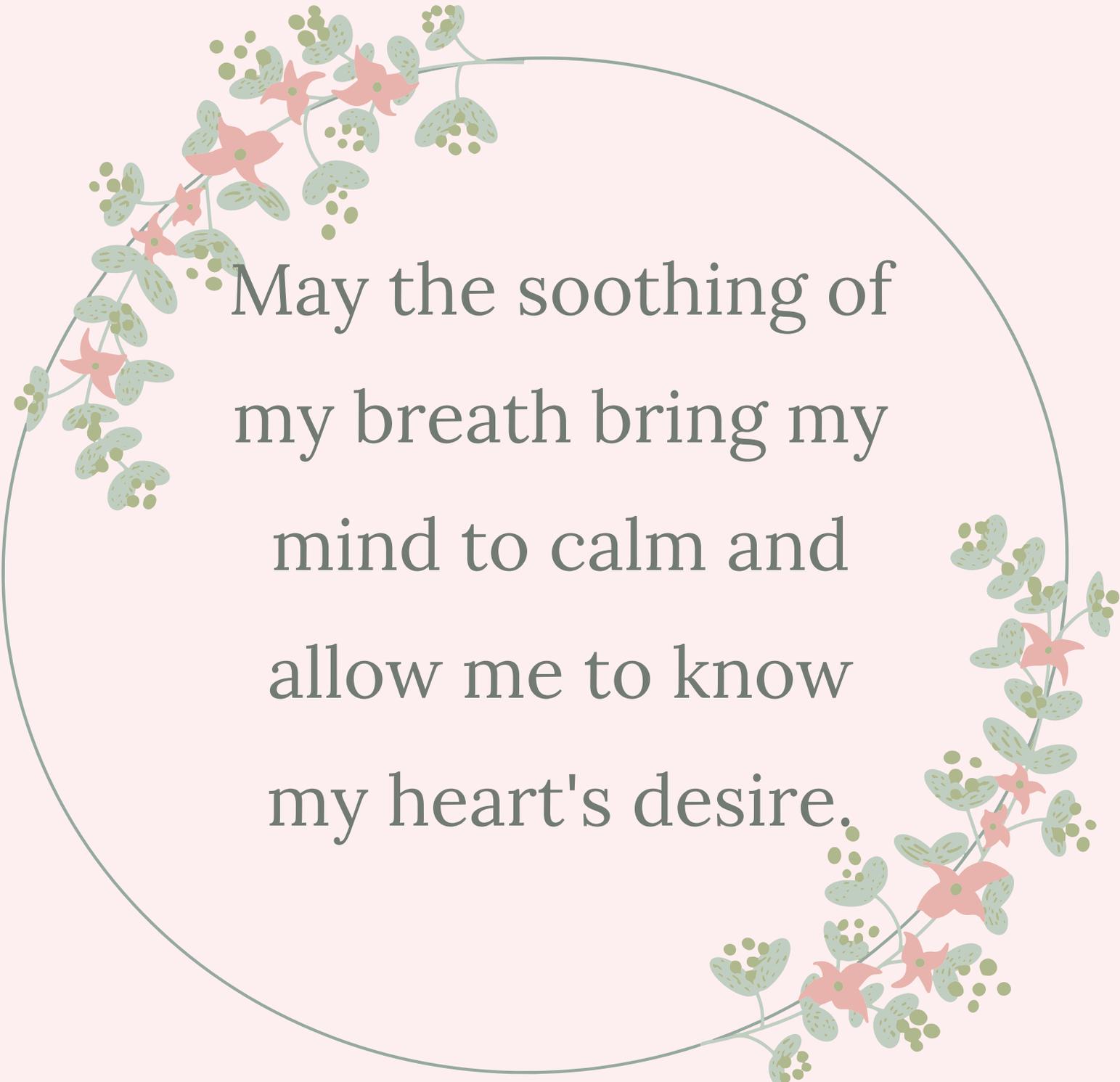
May I recognize
my unlimited
power in the most
challenging
moments.





I release the need
to control what is
happening.





May the soothing of
my breath bring my
mind to calm and
allow me to know
my heart's desire.





I give myself
permission to take
breaks when I need
them.





I see my children
doing the best that
they know right
now.





May I support my
children in having
their emotions
safely, without a
need to alter them.





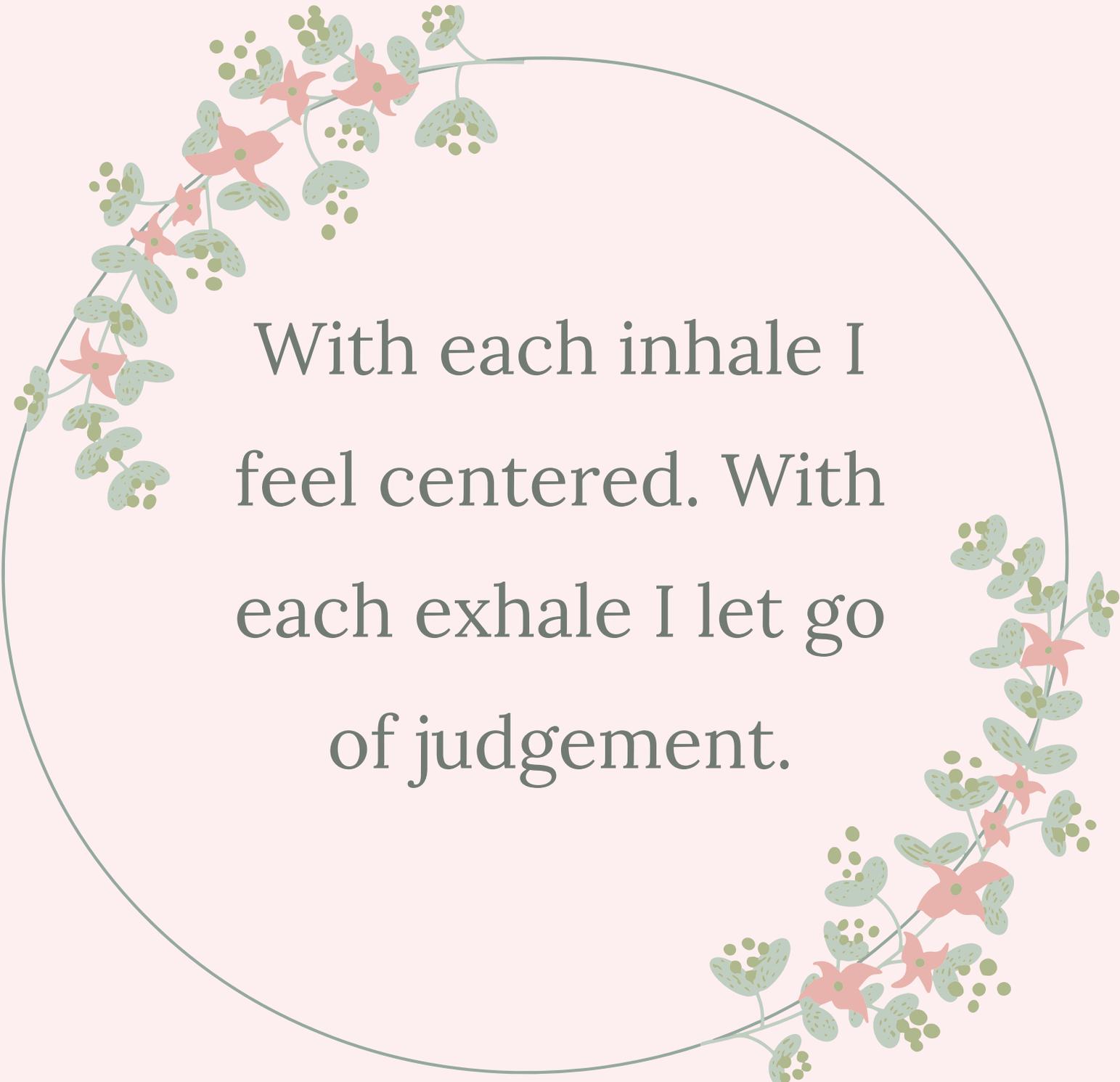
I release
responsibility over
others'
experiences.





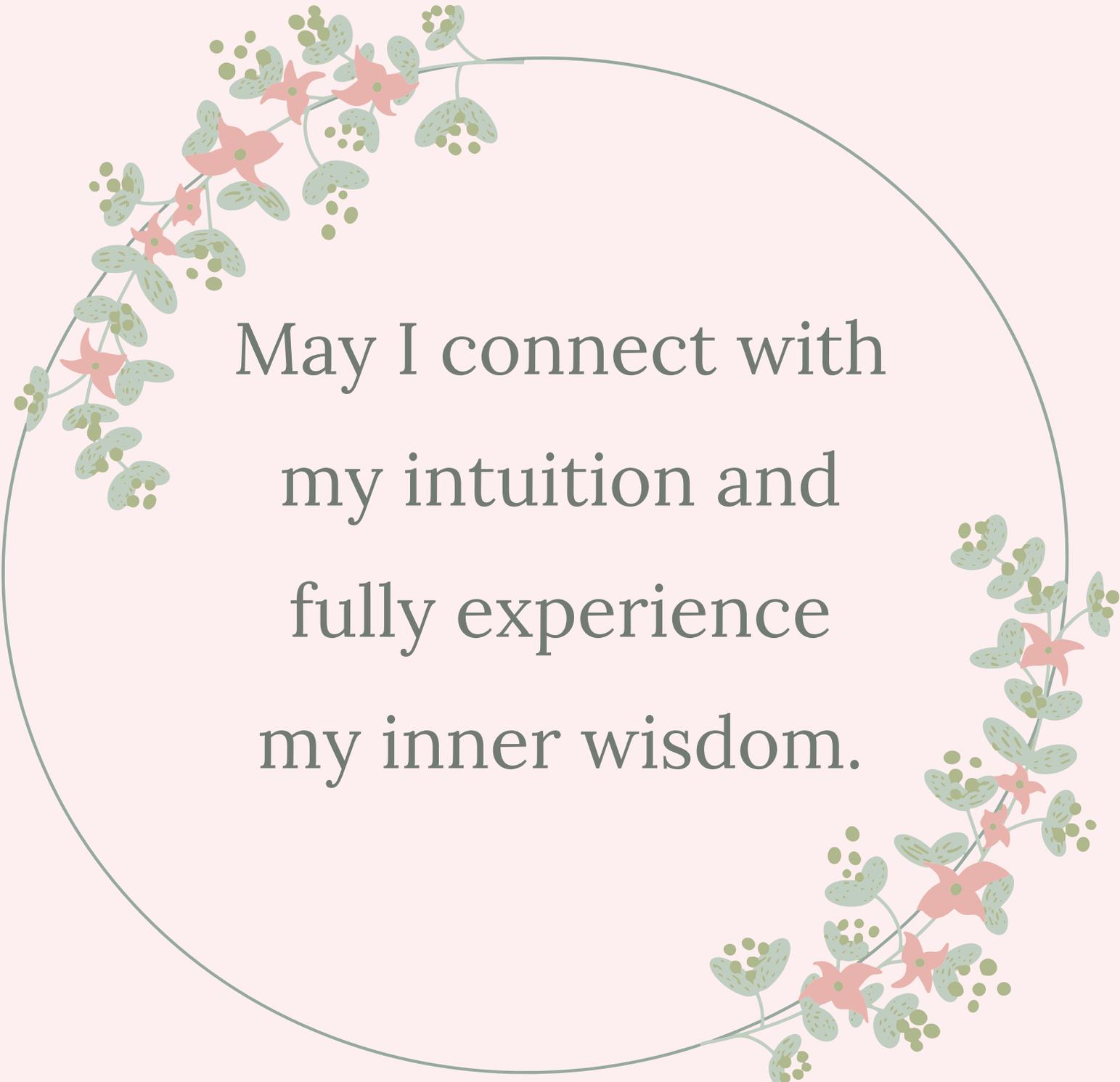
May my parenting
be guided by the
values I hold most
deeply.





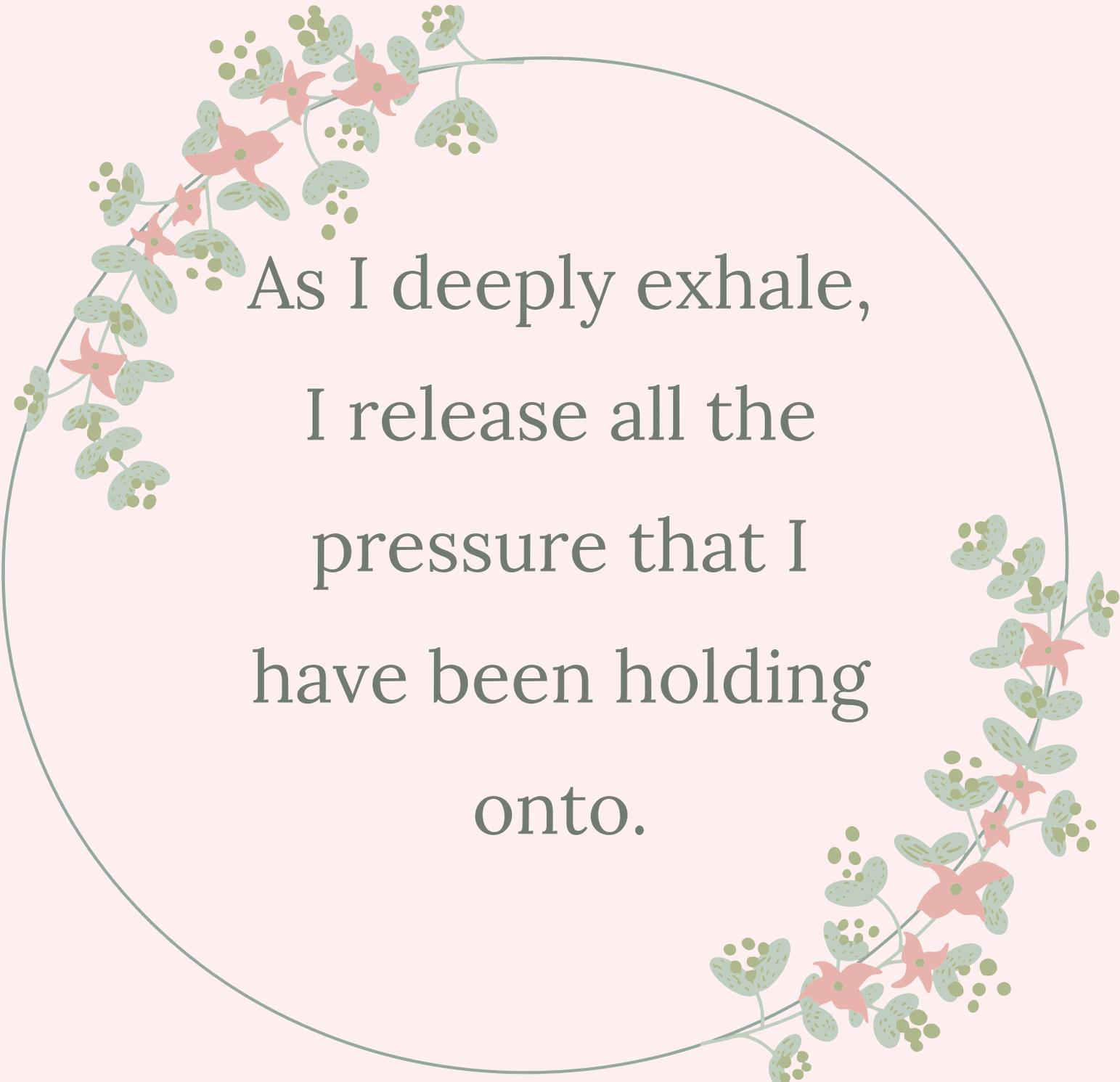
With each inhale I
feel centered. With
each exhale I let go
of judgement.





May I connect with
my intuition and
fully experience
my inner wisdom.





As I deeply exhale,
I release all the
pressure that I
have been holding
onto.





Now I move through
my day with intention
and awareness.

Noticing each
experience without
judgement.





I extend the love that I
have for my children to
myself.

