

How to Set Up Your Artful Prompt Cards — Print & Digital Guide

Before you begin, I want you to know this:

these cards are now yours — a little bundle of softness and creative courage made just for you.

This guide will walk you gently through setting them up, whether you choose to bring them to life as a physical deck you can hold between your hands, or keep them safe on your phone as quiet companions throughout your day.

I'll show you how to print them, cut them, save them, and even write on them digitally — so they can become part of your rituals, your reflections, and your moments of stillness.

Take your time.

Breathe.

And enjoy preparing this deck in the way that feels most tender and true for you.

✨ Using Your Printable PDF Deck

🖨️ 1. Print Your Cards at Home or a Local Print Shop

Your PDF is designed to be easy and affordable to print.

Recommended settings:

- Paper size: A4
- Paper type: Thick matte cardstock (200–250gsm) for a sturdy deck
- Print quality: High or Best
- Colour: Full colour

You can print at home or take the file to Officeworks, a local printer, or any copy shop.

✂️ 2. Cut Your Cards Along the Trim/Scissors Lines

Each page contains four cards with clear cut guides.

To cut them neatly:

- Use scissors following the faint guide lines, or
- For crisper edges, use a guillotine or rotary trimmer
- Round the corners if you like (optional) for a softer, professional finish
- Once cut, stack your cards, give them a little shuffle, and enjoy your new physical deck.

👛 3. Store Your Deck Beautifully

Ideas for keeping your cards together:

- a small gift box
- a linen or organza pouch
- a wooden keepsake box
- a ribbon tie

This makes the experience feel even more special and intentional.

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✨ Using Your Digital PNG Cards on Your Phone

📁 1. Download the PNG Files to Your Phone

Depending on your device:

iPhone:

- Tap each PNG link or image
- Press and hold
- Tap “Save to Photos”

Android:

- Tap and hold the PNG
- Select “Download image” or “Save to Gallery”
- Your cards will now appear in your photo library.

🌸 2. Keep Them Organised in an Album (Recommended)

Create a dedicated album in your Photos app:

iPhone:

- Photos → Albums → + → New Album

Android:

- Gallery → Albums → Create New Album

→ Name it “Affirmation Cards”

Move all PNG cards into this album for easy daily access.

🖋️ 3. Write On Your Cards Digitally

You can journal directly on top of the card image using apps such as:

Option A: Notes App (iPhone & Android)

- Open the card in Notes
- Tap the pen icon
- Write with your finger or stylus
- Save your reflections right underneath

Option B: Canva Mobile App

Create a new design (“Phone Wallpaper” size works beautifully)

Import a PNG card

Add text over the top

- Save or set as wallpaper

Option C: GoodNotes / Notability / Penly / Samsung Notes

Perfect for digital journalers:

- Import the PNG
- Write on it with your stylus
- Store your reflections in a digital diary

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✦ Using Your Digital PNG Cards on Your Phone

♥ 4. Use Cards as Phone Wallpaper or Lock Screen

This keeps your daily affirmation front and centre.

Open your chosen card

Tap “Use as Wallpaper”

Adjust size

Set as Lock Screen, Home Screen, or both

Every time you unlock your phone, you’ll receive a gentle reminder of your creative worth.

🧠 5. Use a Daily Digital Draw

You can:

scroll your album and stop intuitively on a card

screenshot a random card

shuffle visually and tap whatever your eyes land on

Simple, playful, and instantly grounding.

✦ Whether Printed or Digital...

Your cards are designed to meet you exactly where you are — through touch, colour, breath, reflection, and creative presence.

They are a daily ritual, a soft reset, and a gentle invitation back to your artful self.

Jo Ann Cutler
**Artful Living
Coach**