

AFFIRMATION CARDS

Print and cut them out!

I am allowed to feel
lost and still be
worthy of love.

There is a voice
inside me that still
remembers who I
am..

I give myself
permission to feel
without fixing.

My feelings are
sacred, even when
they are messy or
unclear.

I still matter. I still
dream. I still get to
choose

Joy is not a luxury
—it's a part of who I
am.



WWW.REDISCOVERMYSELF.ME

