

Soul Notes

QUIET TOOLS FOR LOUD EMOTIONS



5-CARD AFFIRMATION CARDS

Permission To Reset



Digital Version

HOW TO USE THESE DIGITAL CARDS



Five gentle reminders that you are worthy of rest, grace, and care. Keep these affirmations close - on your phone, or tablet - and let them soften the edges of your day.

Read each card whenever you need a deep breath of truth. Speak it aloud. Let it sink in.

You don't have to earn your own kindness.





I am deserving of
rest and self-care
without guilt.





I will not
apologize for
needing rest - I
deserve it and I
claim it.





**I claim time for
myself because I
matter.**





**I choose me,
unapologetically.**





Peace starts
with permission
to rest.





NOTES:





NOTES:





NOTES:





Hi, I'm Lisa - the heart behind Soul Notes. I created these cards because for most of my life, I've struggled to rest, say no, or give myself permission to pause. As someone who's spent years feeling unseen and unheard, I became a master at holding it all together - but I also became exhausted. It's taken time (and God's quiet reminders) to learn that rest isn't weakness - it's how we stay whole. My hope is that the Soul Notes Collections create space for you to exhale, slow down, and remember you are seen, you are worthy, and God is a safe place to land.

