

Soul Notes

QUIET TOOLS FOR LOUD EMOTIONS



5-CARD AFFIRMATION CARDS

Permission To Reset



HOW TO USE THESE CARDS



Five days of gentle permission to prioritize your well-being. Each card is a soft place to land - a daily invitation to release guilt and embrace the peace that comes from nurturing your soul.

Read one 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.



HOW TO CUT AND PRINT YOUR CARDS



- Print on letter-size card stock (8.5" x 11")
- Use scissors or a paper trimmer
- Each card is 3.5" x 5"
- For durability, consider laminating your favorites



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.





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.



