

# Soul Notes

QUIET TOOLS FOR LOUD EMOTIONS



**5-CARD CALMING  
AFFIRMATION CARDS**  
*Pocket Sized Comfort*



# HOW TO USE THE DIGITAL AFFIRMATION CARDS

These calming affirmation cards are here for you when life feels loud. Pocket-sized peace for moments when the world feels like too much. These five calming truths are here to steady your spirit, quiet anxiety, and remind you that you are held and safe.

Upload the cards to your phone or tablet and in a moment of stress, read one, breathe deeply, and repeat the words slowly.

This feeling is temporary. This peace is available always.



**It's okay to pause,  
take a breath,  
and regroup.**



**I believe in myself.**



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**Every challenge is  
an opportunity to  
learn and grow.**



**I'm getting better  
everyday.**





**I am enough. I am  
me. I am worth it.**



**I am brave.**



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**I have the serenity  
to get through  
my day.**



**I am valuable.**





**It's okay not to be  
OK all the time.**



**You are not behind.  
You are right on time.**









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Hi, I'm Lisa - the heart behind Soul Notes. I created Soul Notes 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 my 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.

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