

Soul Notes

QUIET TOOLS FOR LOUD EMOTIONS



5-CARD CALMING AFFIRMATION CARDS

Pocket Sized Comfort

Printable Version



HOW TO USE THE 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.

Carry these with you. In a moment of stress, draw one, breathe deeply, and repeat the words slowly.

This feeling is temporary. This peace is available always.

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 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.



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



I believe in myself.



**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.



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



I am valuable.

