



2nd Chapter

AFFIRMATION

Cards

HOW TO USE YOUR AFFIRMATION

Cards

- Pull one each morning
- Put one on your mirror
- Keep one in your handbag
- Use during journaling
- Read before bed
- Choose one for the week

Calming your mind

Peace is becoming
my new normal.



Calming your mind

I deserve to feel calm in my mind
and safe in my body.



Calming your mind

I welcome peace, clarity, and emotional
freedom into my life.



Calming your mind

I am allowed to slow down and
breathe.



Calming your mind

I choose thoughts that support my
peace and wellbeing.



Calming your mind

I release the pressure to have
everything figured out.



Calming your mind

Healing is not weakness
it is courage.



Calming your mind

Every small step forward
matters.



Self love

I am allowed to choose
myself now.



Self love

I no longer abandon myself to keep
others comfortable.



Self love

I release guilt for putting
myself first.



Self love

I am learning to love the woman I
am today.



Self love

I no longer need to prove
my worth.



Self love

My voice, needs, and desires
matter too.



Self love

I am worthy of happiness in every
season of life.



Self love

I am worthy of rest, joy, love,
and abundance.



Personal growth

My life is not over it is
unfolding in a new and beautiful way.



Personal growth

I trust myself to create a
meaningful next chapter.



Personal growth

It is never too late to reinvent myself.



Personal growth

My dreams still matter.



Personal growth

My past does not define my future.



Personal growth

I am stronger than the challenges I have faced.



Personal growth

I am becoming the woman I was always meant to be.



Personal growth

My second chapter is filled with possibility.



Money mindset

I deserve financial peace
and security.



Money mindset

I am creating a life that feels
aligned and fulfilling.



Money mindset

I trust that this next chapter
can be my best one yet.



Money mindset

I release the belief that it is
"too late" for me.



Personal growth

I am becoming more confident with
every passing day.



Personal growth

I am proud of how far
I've come.





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www.2ndchapterwomen.com