

I AM CONFIDENT IN  
WHO I AM

I AM HAPPY FOR  
OTHERS' SUCCESS

TODAY I CHOOSE  
HAPPINESS

I LEARN FROM MY  
MISTAKES

I AM INTELLIGENT

I AM WORTHY OF A  
WONDERFUL LIFE

MY LIFE IS  
BEAUTIFUL

I AM IN CHARGE OF  
MY EMOTIONS

I WILL NOT COMPARE  
MYSELF TO OTHERS

The image consists of a 3x3 grid of nine affirmation cards. Each card has a rectangular white center with black text, set against a background of soft, blended watercolor washes in shades of pink, purple, and blue. The text on each card is a positive affirmation.

MY PAST DOES NOT  
DEFINE ME

I AM STRONG

I WILL LET GO OF  
NEGATIVITY IN MY LIFE

I FEEL FREE TO BE  
MYSELF

I AM MORE THAN  
THIS MOMENT

I AM UNSTOPPABLE

I AM POWERFUL

MY HAPPINESS COMES  
FROM WITHIN

MY LIFE IS FILLED  
WITH LOVE

I AM TRULY  
BLESSED

NO ONE CAN MAKE ME  
FEEL BAD WITHOUT MY  
PERMISSION

I AM WORTHY OF  
LOVE

I AM BEAUTIFUL

I WON'T GIVE UP ON  
MYSELF OR MY DREAMS

I TREAT MY BODY  
WITH RESPECT

MY HAPPINESS DOES NOT  
DEPEND ON OTHERS

I AM NEVER ALONE

I AM CONFIDENT THAT  
THE REST WILL FALL IN  
PLACE

The image consists of a 3x3 grid of nine identical affirmation cards. Each card has a light blue, semi-transparent rectangular center where the text is located. The background of the entire grid is a vibrant, abstract pattern of teal, turquoise, and light blue, with swirling, painterly textures that resemble watercolor or soft brushstrokes. The text on each card is in a black, hand-drawn, sans-serif font.

THIS WORLD IS A  
BEAUTIFUL PLACE TO BE

I DESERVE TO BE  
TREATED WITH RESPECT

I AM PASSIONATE

I AM HAPPY WITH  
MY BODY

I AM BRAVE

I AM STRONGER  
THAN MY DEMONS

I AM PERFECT JUST  
THE WAY I AM

EVERY DAY IS A  
NEW BEGINNING

I HAVE THE POWER TO  
CHANGE MY LIFE

MY CHALLENGES ARE  
CHANCES TO GROW

I HAVE SO MANY  
REASONS TO SMILE

I AM MY BIGGEST  
CHEERLEADER

I AM  
AWESOME

I AM A GOOD  
FRIEND

I BELIEVE IN MYSELF

I STAND UP FOR  
MYSELF

MY LIFE IS  
IMPORTANT

MY FUTURE IS BRIGHT &  
FULL OF POSSIBILITY