

PRINTABLE AFFIRMATION CARDS

I am safe.

BABYBRUNCH.CO.ZA



**I close my eyes at night,
because the day is finished.**

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**I am
courageous.**

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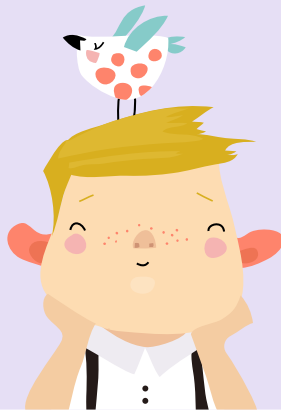


**I can become
anything
I want to be.**

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**I am
calm.**

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**I am
protected.**

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**I can do
hard things.**

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**I am
loved.**

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I can take
deep breaths.

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I care
about
others.

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It's ok
to make
mistakes.



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Today was a day
with hard things
and good things.

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I open my eyes
in the morning
because
the world
needs me.



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I am
patient.

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I can make
a difference
in the world.

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I love
myself.

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