

**Positive
Affirmation
Cards
for
Wellbeing**

**Get
Some
Positivity**

getsomepositivity.com

**I choose
to have fun
and make
life a joyful
experience.**

**I don't
need to be
everything
to everyone.**

**I take
time to feel
gratitude
daily.**

**I choose to talk
to myself in a
positive and
uplifting way.**

**I love to
exercise as
it makes me
feel great.**

**I eat healthy
food that
nourishes
my body
and mind.**

**I am calm
and
confident.**

**I choose to
enjoy all
the small
things in life.**

I am the creator of my reality.

I am confident in my abilities and skills.

I work hard and know my worth.

I inhale confidence and exhale self doubt.

I have control over how I react to any situation.

I am allowed to have bad days.

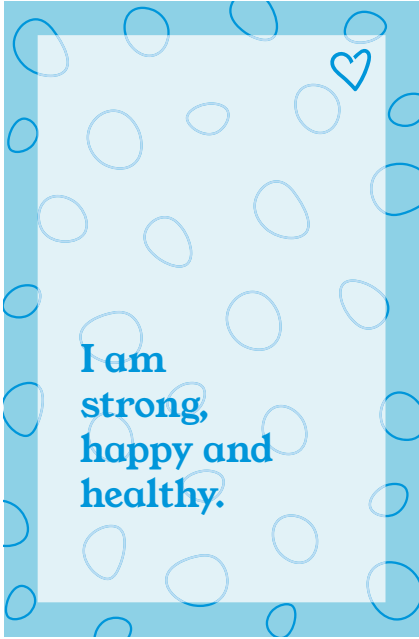
I am patient with myself and others.

I choose to feel good right now.

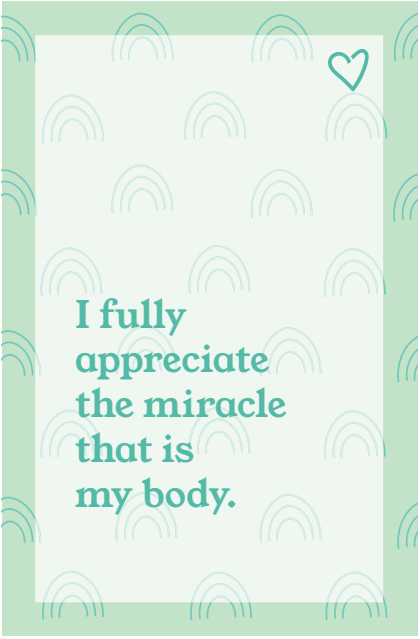
I believe in myself.



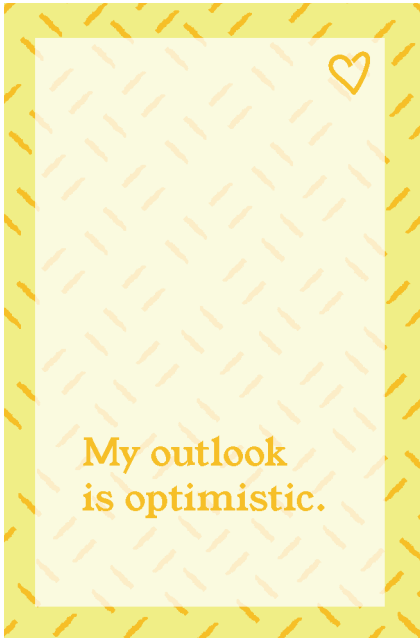
I give myself grace.



I am strong, happy and healthy.



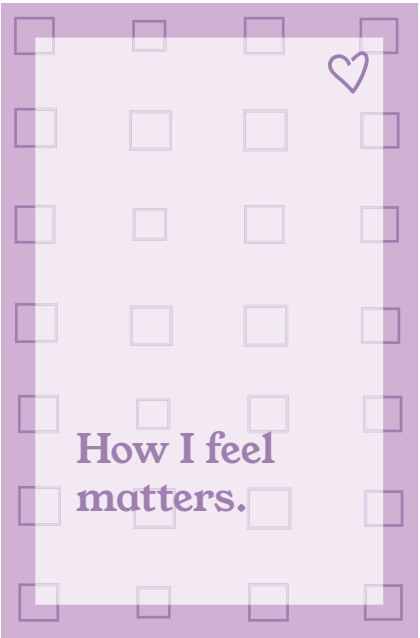
I fully appreciate the miracle that is my body.



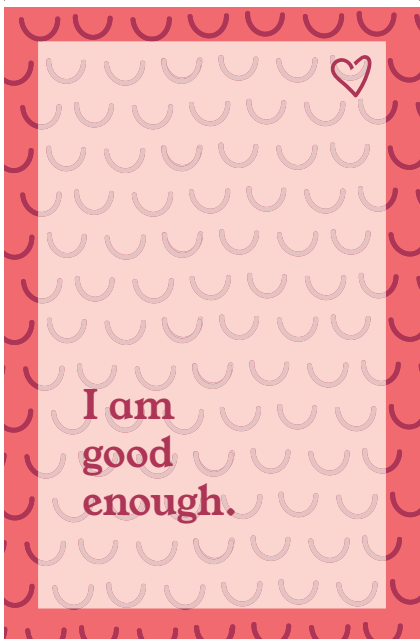
My outlook is optimistic.



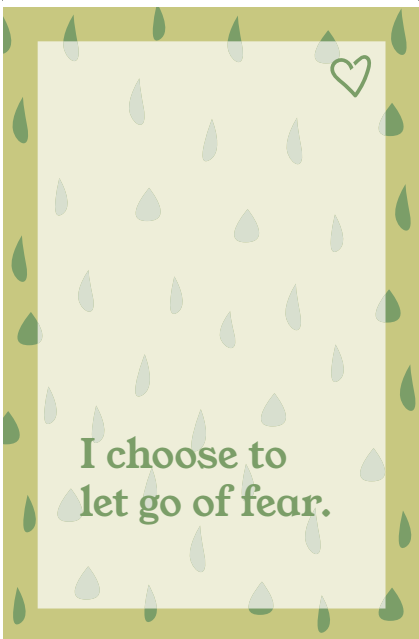
I make time for things that make me feel good and the people I love.



How I feel matters.



I am good enough.



I choose to let go of fear.



Thank you for downloading these cards. I hope they bring some positivity to you every day!