I AM
compassionate

I AM
authentic

I AM
divine

I AM
balanced

Designs by Rachel Marie

I AM
grateful

I AM
emotionally aware

I AM
healthy

I AM
forgiving

Designs by Rachel Marie

I AM
kind

I AM
intuitive

I AM
love

I AM
joyful

Designs by Rachel Marie

I AM
open-minded

I AM
myself

I AM
a questioner

I AM
present

Rhymes by Rachel Marie

I AM
thoughtful

I AM
responsible

I AM
beautiful

I AM
sustainable

Planner by Rachel Marie

I GIVE & RECIEVE

hugs & kisses

I AM

a volunteer

I BELIEVE

in myself

I AM

worthy

Designs by Rachel Marie

I PRIORITISE
slowing down

I PRIORITISE
sleep

I EMBRACE
change

I CELEBRATE
my achievements

Rhymes by Rachel Marie

I PRIORITISE

eating well

I PRIORITISE

deep breathing

I SET

daily intentions

I PRIORITISE

unwinding

Designs by Rachel Marie

I AM
non-judgemental

I CHOOSE
to ask for help

I CHOOSE
to let go

I AM
an individual

Rhymes by Rachel Marie

I CHOOSE

to live organically

I AM

mindful

I AM

unique

I PRIORITISE

being in nature

Rhymes by Rachel Marie

I CHOOSE

to not be influenced by societal pressures

I PRIORITISE

quality

I CHOOSE

to be mindful of my use of technology

I CHOOSE

to release regret

Rhymes by Rachel Marie

I CHOOSE

to zero in

I CHOOSE

to understand myself

I CHOOSE

to learn from

life lessons

I EMBRACE

using visualisations

Prompts by Rachel Marie

I AM

creative

I AM

part of a community

I AM

passionate

I SET

boundaries

Designs by Rachel Marie

I AM

an explorer

I AM

curious

I AM

restful

I PRIORITISE

exercise

Rhymes by Rachel Marie

I AM
honest

I AM
healing

I AM
self-aware

I PRIORITISE
self-care

Designs by Rachel Marie

I AM
proactive

I AM
powerful

I AM
patient

I AM
wholesome

Designs by Rachel Marie

I AM
observant

I AM
grounded

I CREATE
my life

I PRIORITISE
my wellbeing

Rhymes by Rachel Marie

I CHOOSE

my own path

I EMBRACE

personal growth

I AM

inspirational

I THINK

for myself

Rhymes by Rachel Marie

Affirmation Cards

Affirmations by Rachel Marie