



Hello Beautiful Learners,

I created these printable cards especially for you. They are a powerful way to stay focused and on track with your self-care and self-love even when life gets complicated.

The first 4 cards are heart affirming statements to read every day. Recite them silently or aloud. It doesn't matter. Just allow the words to absorb.

The next page includes 6 cards in which you can write things that might be holding you back from true heart happiness that need releasing followed up with gratitude statements.

All you need is some paper, a printer and some scissors to get started. Simply print out the following pages on cardstock paper - or whatever paper you have and then carefully cut out each of the cards. Then you can use them every day to stay on track.

I hope you enjoy the cards as much as I enjoyed creating them for you!

with love,
Jennifer Peevey, LPC

WITH MY HANDS OVER MY HEART. I SAY. "MY
HEART IS FULL OF LOVE AND UNDERSTANDING
FOR MYSELF."



I am worthy

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"WITH REVERENCE AND GRATITUDE. THANK YOU DEAR HEART FOR
WHAT YOU HAVE SURVIVED IN THIS LIFE. BECAUSE NOW I HAVE MORE
TO OFFER OTHERS FROM YOUR COMPASSION."



Compassionate heart

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"THANK YOU DEAR HEART OF MY FOR TEACHING ME TO COME
FROM UNCONDITIONAL LOVE FOR ALL- - INCLUDING MYSELF."



Heart acknowledgment

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WITH MY HANDS OVER MY HEART. I SAY. "MY HEART IS
FULL OF LOVE AND UNDERSTANDING FOR ALL OTHERS."



Forgiving heart

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EVEN THOUGH I....



I AM SO HAPPY AND GRATEFUL FOR...

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