

VALUE WELLNESS CARDS



I accept where i am
right now, without
judging myself.
Acceptance is the
first step to change.

ACCEPTANCE



Even when I'm scared,
I face challenges with
courage. Being brave
means acting, even if
I'm worried.

BRAVERY



I with myself, others, and
the world around me.
Through connection, I find
support, understanding,
and strength.



CONNECT



I keep going, even
when it's hard. My
ability to push
through shows my
strength.

DETERMINED



I show kindness and
care to others &
myself. Especially
when things are tough
I am a friend.



EMPATHY



I give myself permission
to play, laugh & enjoy life.
I allow myself moments of
freedom to enjoy the
present and let go of
stress.



FUN



I look for the good
things, big or small.
Being thankful helps
me focus on what's
right in my life.

GRATITUDE



I trust that better
days will come. Hope
gives me the strength
to keep moving
forward.

HOPE



I stay true to my
values and act
honestly, even when
it's tough. Integrity
helps me trust myself.

INTEGRITY



I allow myself to enjoy
the little things in
life. I deserve
moments of happiness
and fun.

JOY



I treat myself with the
same love and care I
give others. Kindness
makes me feel better.

KIND



I am worthy of love,
and I give love freely.
Loving myself is my
greatest strength.
Loving others is
beautiful.

LOVE



I stay present in the
moment, without
judgment. Mindfulness
helps me see things
clearly and with
kindness.

MINDFUL



I take care of my
body, mind, and spirit.
Looking after myself
is important for
growth and healing.

NURTURE



I'm open to learning,
changing, and
growing. Openness
makes me more
resilient and wise.

OPEN



I give myself the time
and space to grow.
Change takes time,
and I'm okay with
that.

PATIENCE



I may not always need
to speak loudly to be
strong. My calm and
quiet strength is
powerful.

QUIET STRENGTH



I bounce back from
challenges with grace.
I adjust to change.
Resilience helps me
keep going, no matter
the setbacks.

RESILIENCE



I know my worth and
set healthy
boundaries. Self-
respect is the
foundation of healthy
relationships.

RESPECT



I trust myself and my
decisions. I know I
have the strength to
handle whatever
comes my way.

TRUST



I listen to my
thoughts and feelings
without judgment.
Understanding myself
helps me heal.

UNDERSTAND



I allow myself to be
open and honest, even
when it feels hard.
Vulnerability is a sign
of strength.

VULNERABLE



I trust my inner
wisdom. I have the
knowledge inside me
to guide my way.



WISDOM



I embrace what makes
me unique. My
individuality is my
strength, and it helps
me stand out in the
world.

X-FACTOR



I give myself
permission to rest
and recharge. I
honour my need for
rest, knowing it makes
me stronger.

YES TO REST



I create moments of
calm in my life.
Finding peace, even in
chaos, is my strength.
I embrace stillness
and trust in the quiet
power of my mind.

ZEN

