

I **am** worthy of love

I **am** as calm as
I want to be

I **am** allowed to be
more calm

I **can** handle anything that
comes **my** way

I am an amazing person

Embody Hope & Joy

Print a page per person, grab some scissors, pens and a device to connect to the guided word of affirmation meditation.

Use your own creativity to decorate the cards.

Use the two blank cards to create your own affirmation.

Access the Words of affirmation meditation at

www.Embodyhopeandjoy.com.au



I admire **my** inner strength
and innate wisdom

I **am** enough