



RECLAIM ME

Affirmations for
Worth, Wisdom
& Wholeness

EMBRACE YOUR WORTH, WISDOM, & WHOLENESS



Dive into a transformative journey with our beautiful 52 Affirmation Cards, designed to support your feminine embodiment and personal growth.

Self-Discovery: Explore and embrace your true self with affirmations that support your journey of growth and transformation.

Empowerment: Reinforce your personal power and confidence with positive messages that inspire strength and resilience.

Self Love: Cultivate a loving relationship with yourself, celebrating your unique beauty and worth.

USING FEMININE EMBODIMENT CARDS



Daily Affirmation Practice:

- **Select a Card:** Choose a card each day that resonates with you or aligns with your current needs and goals.
- **Read Aloud:** Speak the affirmation out loud with intention, allowing the words to sink in.
- **Reflect:** Take a few minutes to reflect on the affirmation and how it applies to your life today. Consider journaling your thoughts and feelings.

USING FEMININE EMBODIMENT CARDS



Visualization:

- Find a quiet space: Sit comfortably and hold the card in your hands or visualize it in your mind.
- Close Your Eyes: Focus on the affirmation and imagine it becoming a reality in your life. Breathe Deeply: Us deep, calming breaths to anchor the affirmation into your being, allowing it to manifest in your actions and mindset.

USING FEMININE EMBODIMENT CARDS



Morning Routine:

- Start Your Day: Include a card in your morning routine to set a positive tone for the day.
- Affirmation Ritual: Read and meditate on the card's message to ground yourself and foster a sense of empowerment and self love for the day ahead.

USING FEMININE EMBODIMENT CARDS



Self-Care Rituals:

- Create Rituals: Integrate the affirmation cards into your self-care practices, such as during a relaxing bath, yoga session, or meditation.
- Affirmation Ritual: Use a card as a focal point for self-care rituals, reinforcing your commitment to nurturing and loving yourself.

USING FEMININE EMBODIMENT CARDS



Journaling Prompts:

- Use Affirmation as Prompts:
Choose a card and write about how the affirmation applies to your life, any challenges you're facing, and how you can embody the message.
- Explore feelings: Reflect on any emotions or thoughts that arise as you engage with the affirmations.

USING FEMININE EMBODIMENT CARDS



Create a Vision Board:

- Incorporate Cards: Add printed versions of the affirmation cards to your vision board or create a digital vision board with the cards.
- Set Intentions: Use the board to visualize your goals and the positive changes you wish to see in your life.

USING FEMININE EMBODIMENT CARDS



Track Your Growth:

- Create a Journal: Document your experiences and progress with the affirmation cards.
- Review and Reflect: Periodically review your journal to track how your thoughts and feelings have evolved, and celebrate your growth and achievements.

USING FEMININE EMBODIMENT CARDS



Empowerment Sessions:

- Dedicated Time: Set aside time each week for a self-empowerment session using the affirmation cards.
- Affirmation Focus: Choose several cards that align with your goals and desires. Reflect on each one, and plan actionable steps to embody their messages in your life.

USING FEMININE EMBODIMENT CARDS



Share and Connect:

- Group Activities: Share affirmation cards with friends or in a women's group to inspire and support each other.
- Discussion: Discuss how the cards resonate with each person's journey and offer encouragement and insights based on the affirmations.

EMBRACE
MY INNER
WISDOM AND
TRUST ITS
GUIDANCE.



I AM
WORTHY OF
LOVE,
RESPECT,
AND JOY.



I CULTIVATE
JOY AND
FIND BEAUTY
IN EVERYDAY
MOMENTS.



I AM

EMPOWERED

BY MY

EXPERIENCES

AND MY

RESILIENCE.



I NURTURE MY
INNER BEAUTY
WITH RADIANCE

AND

CONFIDENCE.



‡ CELEBRATE
THE NATURAL
CHANGES IN
MY BODY AND
EMBRACE
THEM.



‡ AM A
BEACON OF
FEMININE
STRENGTH
AND GRACE.



I HONOR MY
UNIQUE
JOURNEY
AND
CELEBRATE
MY GROWTH.



I TRUST IN
MY ABILITY
TO CREATE
THE LIFE I
DESIRE.



I AM A
BEAUTIFUL
REFLECTION
OF FEMININE
ENERGY AND
LOVE.



MY BODY IS
A VESSEL OF
STRENGTH
AND GRACE.



CELEBRATE
MY
ACHIEVEMENTS
BOTH BIG AND
SMALL.



HONOR MY
FEELINGS
AND ALLOW
THEM TO
GUIDE ME.

I RELEASE
FEAR AND
STEP
CONFIDENTLY
INTO MY
POWER.

I AM
RESILIENT
AND CAPABLE
OF
OVERCOMING
ANY
CHALLENGE.



I AM IN
HARMONY
WITH THE
CYCLES OF
NATURE AND
MY OWN
RHYTHMS.



I HONOR MY
INTUITION
AND
FOLLOW ITS
WISDOM.



I TRUST THE
TIMING OF MY
LIFE AND
EMBRACE EACH
MOMENT FULLY.



I EMBRACE
MY
CREATIVITY
AND EXPRESS
MYSELF
FREELY.



I AM WORTHY
OF TAKING UP
SPACE AND
EXPRESSING MY
TRUTH.



I AM A
SOURCE OF
INSPIRATION
AND
STRENGTH
TO OTHERS.

I AM
DESERVING
OF SELF-
CARE AND
PRIORITIZE
MY WELL-
BEING.

I RELEASE
WHAT NO
LONGER
SERVES ME
AND WELCOME
NEW
POSSIBILITIES



I AM A
POWERFUL
CREATOR OF
MY OWN
REALITY.



I FIND
BALANCE
AND PEACE
IN THE MIDST
OF CHANGE.



I AM OPEN

TO

RECEIVING

ABUNDANCE

AND JOY IN

ALL FORMS.



I TRUST

THAT THE

UNIVERSE

SUPPORTS

MY DREAMS

AND DESIRES.



I AM AT

PEACE WITH

WHO I AM

AND WHO I

AM

BECOMING.



I NURTURE

MY BODY

WITH LOVE,

KINDNESS,

AND

RESPECT.

The background of the entire image features a soft, painterly illustration of two hands, one light-skinned and one darker-skinned, gently cupping a glowing heart. A trail of small, golden stars and sparkles emanates from the heart, flowing upwards and towards the right. The overall color palette is pastel, with shades of pink, lavender, and light blue.

I RELEASE
SELF-DOUBT
AND
EMBRACE MY
INNER
STRENGTH.

The background of the entire image features a soft, painterly illustration of two hands, one light-skinned and one darker-skinned, gently cupping a glowing heart. A trail of small, golden stars and sparkles emanates from the heart, flowing upwards and towards the right. The overall color palette is pastel, with shades of pink, lavender, and light blue.

I EMBRACE
CHANGE AS A
PATH TO GROWTH
AND
TRANSFORMATION.



I AM
GRATEFUL
FOR THE
BEAUTY &
WISDOM
THAT COME
WITH AGE.



I AM
GRATEFUL
FOR MY
JOURNEY
AND THE
PERSON I AM
BECOMING.



I AM
WORTHY OF
ALL THE
GOOD
THINGS LIFE
HAS TO
OFFER.



I TRUST MY
INNER VOICE
AND
FOLLOW ITS
GUIDANCE
WITH
CONFIDENCE.



I EMBRACE MY
AUTHENTIC
SELF AND LET
GO OF
COMPARISONS.



I ALLOW
MYSELF TO
REST AND
RECHARGE
WITHOUT
GUILT.



I AM AT
PEACE WITH
THE PAST
AND EXCITED
FOR THE
FUTURE.



I AM A
SOURCE OF
LOVE AND
POSITIVITY IN
THE WORLD.



I RADIATE
CONFIDENCE
AND
ATTRACT
POSITIVE
ENERGY INTO
MY LIFE.



I AM A
RADIANT
EXPRESSION
OF FEMININE
POWER &
GRACE.



I CELEBRATE
MY BODY'S
ABILITIES
AND
CHERISH ITS
WISDOM.



I AM IN
ALIGNMENT
WITH MY TRUE
SELF AND LIVE
AUTHENTICALLY.



I EMBRACE MY
IMPERFECTIONS
AS PART OF
MY UNIQUE
BEAUTY.



I AM
DESERVING
OF PEACE,
LOVE, AND
HAPPINESS.

I AM OPEN TO
NEW
OPPORTUNITIES
AND
EXPERIENCES

I TRUST THAT
EVERY STEP I
TAKE IS
LEADING ME
TO WHERE I
AM MEANT
TO BE.



I AM WORTHY
OF FULFILLING
RELATIONSHIPS
AND
MEANINGFUL
CONNECTIONS



I HONOR MY
BOUNDARIES
AND
RESPECT MY
PERSONAL
SPACE.



I AM IN TUNE

WITH MY
NEEDS AND

HONOR
THEM WITH
COMPASSION

I HONOR MY
PAST AND TRUST
THE LESSONS IT
HAS TAUGHT ME



I AM

CONNECTED

TO THE

RHYTHM OF

MY BODY

AND MY

SOUL