

AFFIRMATION CARDS

Printable Affirmation Cards for Self-Worth, Self-Love, and Boundaries

Instructions:

Print these affirmations on cardstock or paper, cut them out, and place them where you'll see them daily—your mirror, journal, wallet, or phone case.

**I am enough just
as I am.**

**My worth is not
determined by
others' opinions.**

**I am proud of who
I am becoming**

**My voice and
feelings matter.**



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**I trust myself and
my decisions.**

**I embrace my
uniqueness with
confidence.**

**I have valuable
talents and
strengths**

**I am worthy of
happiness and
success**



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**I release self-doubt
and embrace my
true self.**

**I deserve love and
respect.**

**I love and accept
myself
Unconditionally**

**I treat myself with
kindness and
compassion.**



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**My self-care is a
priority, not a
luxury.**

**I am beautiful, inside
and out.**

**I love and accept
myself
Unconditionally**

**I give myself
permission to rest
and recharge.**

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**I choose thoughts
that empower and
uplift me.**

**I am my own best
friend.**

**I forgive myself and
let go of past
mistakes.**

**My love for myself
grows every day.**

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**I deserve to be
happy and loved
just as I am.**

**It is okay to say no
without guilt.**

**I set boundaries to
protect my peace
and well-being.**

**My needs and
feelings are valid
and important.**

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**I deserve to be
surrounded by
respectful and kind
people.**

**I communicate my
boundaries clearly and
confidently**

**I am responsible for
protecting my
energy.**

**I do not need to
explain or justify
my boundaries.**

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**Respecting my
boundaries teaches
others how to treat
me.**

**I release the fear of
disappointing others
when I prioritize
myself.**

**Saying no is an act
of self-care and self-
respect.**

**Each day is a new
opportunity to
treat myself with
love.**