



Print the cards on thick media and trim to size.

There are many ways you can use the cards. Shuffle and pull a card, or take one you feel drawn to.

You can lay them out face down and then select a card.

Read the card and see if it resonates. You can journal on the statement and repeat it during the day. You could meditate on it or question how it makes you feel.

Elizabeth Goddard



*I am safe  
and  
protected*

Check your environment and make sure it is safe.  
Take a deep breath to your Solar Plexus (just below your rib cage).

Visualise a ray of golden light spreading out from this point and expanding around your physical body, creating a bubble of protection and a feeling of safety.

Repeat this affirmation as you feel the light expand around you.

Elizabeth Goddard



*Today I feel  
peace*

Take a deep breath and feel your body relax as the breath travels through your body.

Every cell and nerve ending relaxes as you enjoy inner peace.

Repeat this affirmation with each breath.

Elizabeth Goddard



*I am worthy  
of love and  
respect*

Take a deep breath down to your heart.

Visualise a ray of green light from your heart, pulsating and rippling through your body. You are worthy of love and respect in all relationships.

Start with the one you have with yourself.

Repeat this affirmation as you feel the light expand around you.

Elizabeth Goddard



*Today I am  
my priority*

Make a conscious choice to focus on your healing journey.

Take your focus to your heart from here, and allow unconditional love to ripple through your body. Repeat the affirmation.

Elizabeth Goddard



*I choose self-  
love and  
self-  
compassion  
today*

Self-love and Self-Compassion are your language today. Listen to your words, and allow unconditional love to ripple through your body. Repeat this affirmation.

Elizabeth Goddard



*I am learning  
trust myself  
again*

Acknowledge the mistakes you have made and that you may make a few more.

You are learning to trust yourself again and your intuition. Repeat this affirmation.

Elizabeth Goddard



*I am making  
space for  
healthy  
relationships*

Look around you and see who supports your highest good.  
Allow yourself to move from the toxic relationships and  
create space for healthy ones.  
Repeat the affirmation.

Elizabeth Goddard



*It is safe to  
set  
boundaries  
and protect  
my  
emotional  
health*

Acknowledge it may feel uncomfortable setting boundaries,  
but you do this to protect yourself and your emotional  
health.  
Repeat this affirmation.

Elizabeth Goddard



*Today I  
nurture my  
inner-child*

Ask your inner child what it would like to do today.  
Repeat this affirmation.

Elizabeth Goddard



*I Am a  
Warrior*

Celebrate your resilience and your strength today.  
Acknowledge how far you have come.  
Repeat this affirmation.

Elizabeth Goddard



*I Am the  
Author of  
My Story*

What is the next chapter of your story called? Write the  
first paragraph out by hand. Don't worry about your  
spelling or grammar.  
Repeat this affirmation.

Elizabeth Goddard



*I am ready to  
embrace a life  
of healing  
and happiness*

Take a deep breath down to your heart.  
Visualise a ray of green light from your heart, pulsating and  
rippling through your body. You are worthy of love and  
respect in all relationships.  
Start with the one you have with yourself.  
Repeat this affirmation as you feel the light expand around  
you.

Elizabeth Goddard



*I am the calm  
within the  
storm,  
anchored and  
steady*

Take a deep breath and feel your body relax as the breath travels through your body.  
Every cell and nerve ending relaxes as you enjoy inner peace.  
Repeat this affirmation with each breath.

Elizabeth Goddard



*I embrace  
positive  
thoughts that  
calm my  
mind*

Self-love and Self-Compassion are your language today.  
Listen to your words, and allow unconditional love to ripple through your body. Repeat this affirmation.

Elizabeth Goddard



*I let go of the  
need for  
perfection  
and embrace  
imperfection*

Make a conscious choice to focus on your healing journey.  
Take your focus to your heart from here, and allow unconditional love to ripple through your body. Repeat the affirmation.

Elizabeth Goddard



*I Trust My  
Intuition and  
Inner Wisdom*

Look around you and see who supports your highest good.  
Allow yourself to move from the toxic relationships and create space for healthy ones.  
Repeat the affirmation.

Elizabeth Goddard



*Love is my  
new language*

Acknowledge the mistakes you have made and that you may make a few more.  
You are learning to trust yourself again and your intuition.  
Repeat this affirmation.

Elizabeth Goddard



*I nourish  
myself*

Acknowledge that you need to support your physical body.  
Repeat this affirmation.

Elizabeth Goddard



*I am grateful  
for my body's  
ability to heal  
and recover*

Ask your inner child what it would like to do today.  
Repeat this affirmation.

Elizabeth Goddard



*I am in tune  
with my body*

Check your environment and make sure it is safe.  
Take a deep breath to your Solar Plexus (just below your rib cage).

Visualise a ray of golden light spreading out from this point and expanding around your physical body, creating a bubble of protection and a feeling of safety.

Repeat this affirmation as you feel the light expand around you.

Elizabeth Goddard



*I honour my  
body's need  
for  
relaxation*

Take a deep breath down to your heart.  
Visualise a ray of green light from your heart, pulsating and rippling through your body. You are worthy of love and respect in all relationships.

Start with the one you have with yourself.  
Repeat this affirmation as you feel the light expand around you.

Elizabeth Goddard



*I Radiate  
Love and  
Light*

Take a deep breath down to your heart.  
Visualise a ray of green light from your heart, pulsating and rippling through your body. You are worthy of love and respect in all relationships.

Start with the one you have with yourself.  
Repeat this affirmation as you feel the light expand around you.

Elizabeth Goddard



*I choose self-  
love and self-  
compassion  
today*

Self-love and Self-Compassion are your language today.  
Listen to your words, and allow unconditional love to ripple through your body. Repeat this affirmation.

Elizabeth Goddard



*I Am Enough  
as I Am*

Acknowledge the mistakes you have made and that you may make a few more.  
You are learning to trust yourself again and your intuition.  
Repeat this affirmation.

Elizabeth Goddard



*I am curious  
about the  
beautiful  
life I am  
creating*

Be open and curious about the life you can create for yourself.  
Repeat this affirmation.

Elizabeth Goddard



*I am in tune  
with my  
intuition and  
trust my  
instincts*

Take a deep breath and feel your body relax as the breath travels through your body.  
Every cell and nerve ending relaxes as you enjoy inner peace.  
Repeat this affirmation with each breath.

Elizabeth Goddard



*I let go of  
worries and  
embrace peace  
within*

Acknowledge the mistakes you have made and that you may make a few more.  
You are learning to trust yourself again and your intuition.  
Repeat this affirmation.

Elizabeth Goddard



*I am a source  
of  
inspiration  
for others on  
their healing  
journey*

Make a conscious choice to focus on your healing journey.  
Take your focus to your heart from here, and allow unconditional love to ripple through your body. Repeat the affirmation.

Elizabeth Goddard



*I trust the  
process of  
healing and  
transformation*

Make a conscious choice to focus on your healing journey.  
Take your focus to your heart from here, and allow unconditional love to ripple through your body. Repeat the affirmation.

Elizabeth Goddard



*I am at ease  
in my own  
skin, and I  
trust my  
journey*

Acknowledge the mistakes you have made and that you may make a few more.  
You are learning to trust yourself again and your intuition.  
Repeat this affirmation.

Elizabeth Goddard