



October 4, 2020

Craft-spirations! Collage Affirmation Cards

Materials:

- Paper (preferably a heavier paper like cardstock – could be index cards)
- Scissors
- Magazines, wrapping paper, colored paper – anything to make collages out of
- Glue or Tape
- Markers, Pens, Colored Pencils, Crayons – to add color and/or affirmation messages to your cards
- Favorite quotes or poems that are affirming. One of mine is (Be not afraid, a million unseen forces are waiting to assist you, Be not afraid, Begin, Begin)

Affirmation cards hold life and wellness affirming phrases, pictures, and colors. They can be a beautiful reminder to connect with affirmations.

Here are a few examples of how varied positive affirmations can be:

You can use any of these affirmations and create your own. These are a few ideas to get you started:

- I overflow with positivity and joy.
- I am capable and strong.
- I am beautiful.
- I am doing my best.
- I am worthy of love.
- I am full of love, I am loved, I am loving.
- Bravery and courage flow through me.
- My thoughts become my reality.
- I am kind to myself and others.
- I approve of myself.
- I create a safe and secure space for myself wherever I am.
- I give myself permission to do what is right for me.
- I am confident in my ability to [fill in the blank].
- I use my time and talents to help others [fill in the blank].
- What I love about myself is my ability to [fill in the blank].
- I feel proud of myself when I [fill in the blank].
- I give myself space to grow and learn.
- I allow myself to be who I am without judgment.
- I listen to my intuition and trust my inner guide.

- I accept my emotions and let them serve their purpose.
- I give myself the care and attention that I deserve.
- My drive and ambition allow me to achieve my goals.
- I share my talents with the world by [fill in the blank].
- I am good at helping others to [fill in the blank].
- I am always headed in the right direction.
- I trust that I am on the right path.
- I am creatively inspired by the world around me.
- My mind is full of brilliant ideas.
- I put my energy into things that matter to me.
- I trust myself to make the right decision.
- I am becoming closer to my true self every day.
- I am grateful to have people in my life who [fill in the blank].
- I am learning valuable lessons from myself every day.
- I am at peace with who I am as a person.
- I make a difference in the world by simply existing in it.

Resources:

<https://theblissfulmind.com/positive-affirmations-list/>

<https://dailylife.com/article/daily-reminders-diy-your-own-affirmation-cards/>

<https://unconditionallynourished.com/affirmation-cards/>