

Printable Affirmation Cards

Sixteen cut-out cards, four to a page, in four sets: self-concept, prosperity, love, and peace and health. Plus four blank cards for your own lines.

How to use them

- Print on A4 at 100%. Card stock holds up better than paper, but paper works.
- Cut along the outer rule. Each card is sized for a wallet, a mirror edge or a bedside shelf.
- Carry one card at a time. Sixteen cards read once each do less than one card read for a fortnight.
- Read it as a statement of fact, slowly, twice: once on waking and once in the drowsy state before sleep.
- Replace a card when it stops producing any feeling, not when you get bored of it.

A card is a reminder, not the practice. The practice is the moment of accepting the sentence as true. If a line produces immediate internal argument, choose a milder one; a statement you can almost believe does more than one you cannot believe at all.

I am the kind of person this comes to.

REALITYMANUSCRIPT.COM

I no longer argue for my limitations.

REALITYMANUSCRIPT.COM

**My opinion of myself is the one that
decides.**

REALITYMANUSCRIPT.COM

I am already the person I am becoming.

REALITYMANUSCRIPT.COM

**My supply is steady and it does not
depend on one source.**

REALITYMANUSCRIPT.COM

Money arrives before I need it.

REALITYMANUSCRIPT.COM

I am comfortable receiving.

REALITYMANUSCRIPT.COM

**There is always enough, and there is
always more.**

REALITYMANUSCRIPT.COM

**I am easy to love and I am easy to be
near.**

REALITYMANUSCRIPT.COM

The right people find me without effort.

REALITYMANUSCRIPT.COM

I give without abandoning myself.

REALITYMANUSCRIPT.COM

Love is not something I have to earn.

REALITYMANUSCRIPT.COM

My body is on my side.

REALITYMANUSCRIPT.COM

I can rest without earning the rest.

REALITYMANUSCRIPT.COM

**Nothing urgent is happening in this
moment.**

REALITYMANUSCRIPT.COM

I meet today at my own pace.

REALITYMANUSCRIPT.COM

REALITYMANUSCRIPT.COM

REALITYMANUSCRIPT.COM

REALITYMANUSCRIPT.COM

REALITYMANUSCRIPT.COM