



AFFIRMATION CARDS

The secret to building a happy world is in loving yourself, believing in yourself, and honoring your uniqueness. Affirmations have the power to shift mindsets, elevate energy, and shape reality.

Speaking these words daily creates new pathways in your brain and heart, fostering lasting transformation. It takes approx. 30 days for a habit to become established in your life. Incorporate this into your routine daily and watch the magic unfold in your life.

 Lauren



DAY 1

MINDSET CHECK-IN

Note your perspective as you begin practicing these daily affirmations: how do you feel about them now?



PRACTICE

Note any thoughts or feelings you have about this practice now. Forming habits takes daily, consistent practice, so we'll check in as we continue each month.

 Lauren



**SAY THIS 3X
A DAY FOR
30 DAYS**



**I AM A LIVING
MANIFESTATION
OF LOVE AND
LIGHT AND SHINE
WHEREVER I GO**

 Lauren



**SAY THIS 3X
A DAY FOR
30 DAYS**



**I AM UNIQUE,
POWERFUL, AND
A LEADER OF
LOVE FOR
MYSELF AND
EVERYONE
AROUND ME**

 Lauren



**SAY THIS 3X
A DAY FOR
30 DAYS**

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**I AM A POWERFUL
MANIFESTER AND
AM OPEN TO
RECEIVE THE
FLOW OF
ABUNDANCE IN
MY LIFE**

 Lauren