

# HELLO JOY

## Affirmations

card 1

Today I choose to experience peace and Joy, to feel the smile within me rise.

card 2

In the still of the night, I just allow and as I wake, I feel and see things in a whole new light.

card 3

I show up fully today, embracing the gifts this day brings.

card 4

I breathe in. I breathe out. I let go, trusting my strength to sail my own boat.

card 5

I am composed. I am strong and I know who I am.

card 6

I marvel at the beauty of this world.

card 7

I choose to be kind and to see the good in others.

card 8

Behind every cloud there is a light so beautiful  
I must never doubt it.

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## Affirmations

card 9

Today is the dream that I get to live. I love that I'm alive!

card 10

Small changes make big impacts and today I will do something positive that moves me towards my dreams.

card 11

I trust in the unfolding of my life, knowing that everything I need is already within.

card 12

The seeds are already planted for the experience of Joy to bloom in my life. I feel such comfort in this.

card 13

I am worthy of expressing who I am without fear of being seen. Love flows through my life.

card 14

I handle each task with confidence, creating a balanced and successful future for myself.

card 15

In the quiet, still moment of life, I find myself

card 16

I realise how far I've come and all the wisdom I've gathered. I have so much yet to see.

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## *Affirmations*

card 17

I give myself time! I begin each day in the awareness of the wonders that surround me.

card 18

Life guides me to the most wonderful experiences of inner peace and calm.

card 19

I am blessed to be part of this world and smile at the possibilities for my life.

card 20

There is something inside me bursting to dance. Today, I will allow that to expand.

card 21

I feel protected in life. I surrender my fears and trust that brighter moments are already on their way.

card 22

I realise more and more every day the magic that lives in each moments that slips by.

card 23

As change moves in, I trust in the unravelling events of my life.

card 24

Today I will dream something beautiful into my life, never doubting its arrival.

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## *Affirmations*

card 25

I make time for the simple pleasures in life.

card 26

There are endless days but there's only one me to feel as I feel, to grow as I grow, to be.

card 27

I acknowledge my inner strength and wisdom, and as I move through this day, I feel blessed.

card 28

I hear, I breathe, I feel the gathering of life in the air, in the fields... My existence is an absolute miracle.

card 29

Everything needs light to expand. I welcome this light into my life and I seek it in others.

card 30

When I feel it I will see it! I am grateful for this life as I seek to experience more of its wonder.

card 31

Time shows me the way to cross many hills.  
I always, always find my way.

card 32

It amazes me how life can transform and when I live in gratitude for what is, always something beautiful unfolds.

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## *Affirmations*

card 33

I feel the miracle of my existence and those around me. I treat all life with the tender care it deserves.

card 34

I take in the beauty of this world and surrender all my worries to a presence bigger than I am.

card 35

In the moments that stand still, I know I am closer to love.

card 36

I accept the changes that flow into my life and understand that even in an ending, there is love.

card 37

When I step out of the shade and into the light, I notice things I hadn't before.

card 38

Behind every cloud, there's a light waiting to infuse my dreams with love.

card 39

Life is abundant with colour and beauty. Today I will stop to take in these moments.

card 40

I stand strong, guarding the lighthouse of my soul.

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## Affirmations

card 41

Today I will take some time to create something beautiful.

card 42

I wave farewell to yesterday and smile at tomorrow's soft woven dream.

card 43

With every move I make, I am reaching extraordinary heights.

card 44

Everything pieces together in my life perfectly.

card 45

Home is the love I carry in my heart.

card 46

As the light of the evening dims, I feel an intense privilege of being.

card 47

Something amazing is going to happen today as I let go of all resistance.

card 48

I am already living the life of my dreams, and I am so grateful for this.

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## Affirmations

card 49

When the light shines, it transforms ordinary into exceptional. I cherish these moments in life.

card 50

No matter what, every day I rise knowing my my path ahead is lined with Joy.

card 51

I know I can do it! I know I can.

card 52

Life captivates me with its wonder.