

Thirty lines *you can actually say.*

Printable affirmation cards, written for women.
Cut along the lines. Keep one where the day starts.

heraffirmations.app

The daily affirmations app for women · iOS, August 2026

I am allowed to take up space.

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*I don't have to earn my own
kindness.*

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My body is on my side.

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*Rest is part of the work, and I am
allowed to do it.*

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*I am not behind. I am on my own
clock.*

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Soft is not the same as small.

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*The version of me I'm becoming is
worth the patience.*

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I can be nervous and still deliver.

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I have done harder things than this.

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"I did that" is a complete sentence.

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*Doubt showed up. It can sit in the
back.*

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*I speak to myself the way I'd speak to
a woman I love.*

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*I can be a work in progress and still
be worth loving today.*

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*Today I will meet myself where I am,
not where I think I should be.*

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*The first voice I hear today can be
mine.*

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*Good morning to the woman who
keeps showing up.*

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*I don't have to solve anything from a
pillow.*

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*Awake at 3 a.m. is uncomfortable. It
is not an emergency.*

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*Tired is reason enough. I don't need
a better one.*

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*The conversation is over. I'm the
only one still in it.*

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*I can look at the number without
becoming it.*

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Rich is not a personality I'm missing.

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*My nerves are not on the pricing
committee.*

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*Guilt is not a payment method. It
settles nothing.*

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*The mirror can have an opinion. I
don't have to adopt it.*

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*Clothes are supposed to fit me. I was
never supposed to fit them.*

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*The photo caught a second. I lived
the whole day.*

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*My younger body was lovely. So is
the one that got me here.*

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*Being the only woman in the room is
a fact about the room.*

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My best work has office hours.

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