Dear You Affirmation Cards

36 printable cards · free from Honest Little Apps

1. Print on US Letter card stock at **100% / actual size**.
2. Optional: print the last page on the back for matching card backs.
3. Cut along the light guide lines. Each card is 2.5 × 3.5 in (poker size).

How to use

- Keep the deck by your mirror, bed or desk and draw one card each morning.
- Tuck a card into a lunchbox, a book or a friend's card.
- Pick one card for the week and write it somewhere you'll see it.

Dear You: Daily Letters
Write letters to your future self and get a gentle note back each day with Dear You.
Scan to get it free on the App Store.

Free for personal, family, classroom, church and nonprofit use. Please don't resell.
honestlittleapps.github.io/card-decks/printable-affirmation-cards/

Dear you,

you don't have to finish everything today to have done enough.



Dear You honestlittleapps.github.io

Dear you,

rest is part of the work, not a reward for it.



Dear You honestlittleapps.github.io

Dear you,

the person you were a year ago would be proud of how far you've come.



Dear You honestlittleapps.github.io

Dear you,

it's okay to start small. Small is how most things start.



Dear You honestlittleapps.github.io

Dear you,

your pace is still progress.



Dear You honestlittleapps.github.io

Dear you,

you're allowed to change your mind.



Dear You honestlittleapps.github.io

Dear you,

a hard day is not a hard life.



Dear You honestlittleapps.github.io

Dear you,

you can be a work in progress and still be worth loving.



Dear You honestlittleapps.github.io

Dear you,

say no to one thing today so you can say yes to yourself.



Dear You honestlittleapps.github.io

Dear you,

you've made it through every hard day so far.



Dear You honestlittleapps.github.io

Dear you,

you don't need to earn a break.



Dear You honestlittleapps.github.io

Dear you,

be as kind to yourself as you'd be to a friend.



Dear You honestlittleapps.github.io

Dear you,

mistakes are proof that you're trying.



Dear You honestlittleapps.github.io

Dear you,

you're allowed to take up space.



Dear You honestlittleapps.github.io

Dear you,

one deep breath counts as a fresh start.



Dear You honestlittleapps.github.io

Dear you,

what you're building takes time. Keep going.



Dear You honestlittleapps.github.io

Dear you,

you don't have to have it all figured out.



Dear You honestlittleapps.github.io

Dear you,

your feelings make sense, even the messy ones.



Dear You honestlittleapps.github.io

Dear you,

notice one thing you did well today.



Dear you,

it's okay to ask for help.



Dear you,

you are more than what you get done.



Dear you,

quiet courage is still courage.



Dear you,

let today be simple.



Dear you,

you're learning, and that's the whole point.



Dear you,

boundaries are a kind of kindness.



Dear you,

you can begin again at any hour.



Dear you,

the people who love you are glad you're here.



Dear you,

you don't have to be perfect to be good at something.



Dear You honestlittleapps.github.io

Dear you,

drink some water and unclench your jaw.



Dear You honestlittleapps.github.io

Dear you,

one honest step beats a perfect plan.



Dear You honestlittleapps.github.io

Dear you,

you're doing better than you think.



Dear You honestlittleapps.github.io

Dear you,

slow is still forward.



Dear You honestlittleapps.github.io

Dear you,

you're allowed to enjoy this.



Dear You honestlittleapps.github.io

Dear you,

your future self is cheering for you.



Dear You honestlittleapps.github.io

Dear you,

choose the next right thing, not every thing.



Dear You honestlittleapps.github.io

Dear you,

you belong in your own story.



Dear You honestlittleapps.github.io

Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps



Dear you,

Dear You · Honest Little Apps

