

Healing Hearts Affirmations



- You'll find the printable affirmation cards on the next couple of pages. If you print them on cardstock and cut them out, you can draw them randomly and be inspired by their message.
- I also added some empty pages if you wanted to create your own affirmation cards.
- Please have a look before you print it all off.
- Please be aware that not every affirmation might resonate with you.
- Your affirmations have to be right for you.
- Feel free to change them so that they are more in alignment with your life and circumstances.

HOW TO CREATE AFFIRMATIONS

- Begin affirmations with **I AM** if possible. In doing so, you turn your affirmation into a statement of identity. The more you affirm yourself, the more your mind and heart will aspire to follow it.
- Declare what you want to achieve, not what you don't want to come true. Instead of saying "I won't be scared when asked to speak in public," change it to "I am a confident and calm public speaker."
- Declare your affirmations as if they're true and unfolding right now. Affirm yourself with "I am beautiful," instead of "I will be beautiful after I..." By declaring outcomes as true and taking place, you're more likely to engage in behaviors that will make your aspiration a reality.
- **A friendly reminder:** I've done my research about affirmations, but you should, too! Always exercise sound judgment.

You possess the power to be the person you want to be and the strength to change how you think about your life. Affirmations might help you on your journey.

You have lost a loved one or are going through a grieving process after another loss. My heart goes out to you.

Please feel free to schedule a [FREE 30-minute call](#) so I can help you with your next healing steps. (No sales pitch!)

I am smart
and capable .



I am listening
to my intuition
and trust it.



I am ready to do
the hard things.



I am strong, brave
and courageous.



I'm able to stretch
outside my
comfort zone.



I am ready to heal
and feel joyful.



I am always
headed in the right
direction.



I was born to
shine and love.







I take time to
experience nature.



I decide
my future.




I surround myself
with friends
who get me.




I take breaks
today to breathe
and relax.




I am giving myself
permission.



I allow myself
to do what
brings me joy.

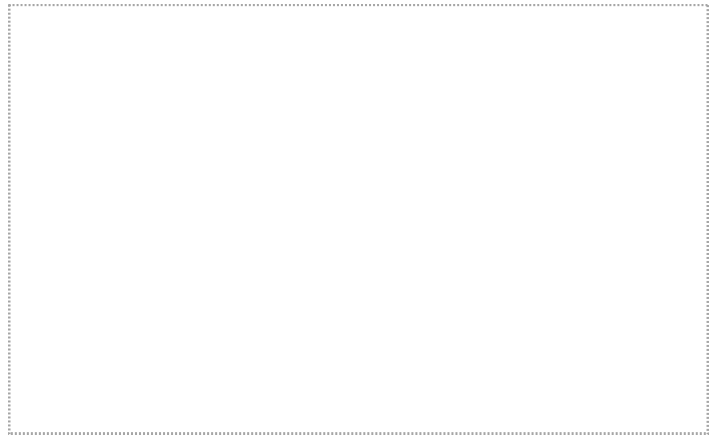


I am on
the right path.



I know best
what brings me
comfort.





MEET THE *Coach*



Jacqueline is a soulful Creative Grief Coach and Art Therapist. Her mission is to help and inspire grieving women to move forward after the death of a loved one so that they can reconnect with their life without denying their loved one a loving place in their heart.

She currently lives near Halifax, Nova Scotia. She finds calm and inspiration in her wild garden or on a walk in the woods.

*"Spread love
everywhere you go.
Let no one ever
come to you without
leaving happier."*

-Mother Teresa

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EVERY WOMAN
WHO HEALS
HERSELF
HELPS HEAL ALL
THE WOMEN WHO
CAME BEFORE
HER AND ALL
THOSE WHO WILL
COME AFTER HER.

- CHRISTIANE NORTHRUP