



Affirmations Cards & Matching Envelopes Mini Course Project Overview

I'm a big believer in the power of positive thinking and positive affirmations. I think they are especially impactful if they are written down. These affirmation cards and matching envelopes record positive thoughts in a cute, portable format that is easy to refer to and easy to share with others.

What can you use Affirmation Cards for?

The ways to use these cards are endless! Create them for yourself or as a thoughtful gift for friends and family. When you or a loved one need the boost that positive thinking can bring, these cards can be kept near by for easy access. Here are some ideas of card sets you can create for yourself and others. A free printable with sentiments ready to go is included in this course for the ideas marked with an asterisk.

- List the reasons you love someone. This makes an especially nice gift when hand written.
- Itemize your strengths or skills as a reminder of your value and worth.*
- Record favorite motivational or meaningful quotes to motivate you or a friend when facing a new challenge.*
- Create a card for each of your loved ones. Include a favorite image on the reverse and use these cards during meditation or prayer to focus on that particular individual.
- Compile gratitude cards. When you're feeling down, reflecting on all you are grateful for can be helpful.*
- Make directional cards for working through anxiety or panic attacks.*
- Outline the steps for practicing optimistic thinking.*
- Tell the story of your relationship with a friend or loved one as a gift. Use pictures or handwritten stories on the reserves to share those favorite memories.
- Identify activities you or your children could be doing instead of scrolling the internet or sitting in a funk.*
- Create a memory capsule of a loved one who is no longer with you. Write stories or use photographs on the reverse as a reminder of their impact on your life and a way to work through your sorrow at their loss.
- Draft starter questions for generating meaningful dinnertime conversations with family.*
- Set out your goals for the year. Outline steps to reach those goals on the reverse.*
- Share as a gift what you think makes someone a good friend, colleague, mother/father, or kid and the qualities about them you admire.

**Business Cards
(3.5 inches x 2 inches)**

**Template for folding standard envelope
(3.75 inches x 2.25 inches)**

Card Set Titles

THANK YOU

You're the Best!

OUR STORY

Gratitude

Our Love Story

Happy Birthday!

Happy Anniversary

Thinking of You

The Story of Your Life

Motivational Quotes

You Got This!

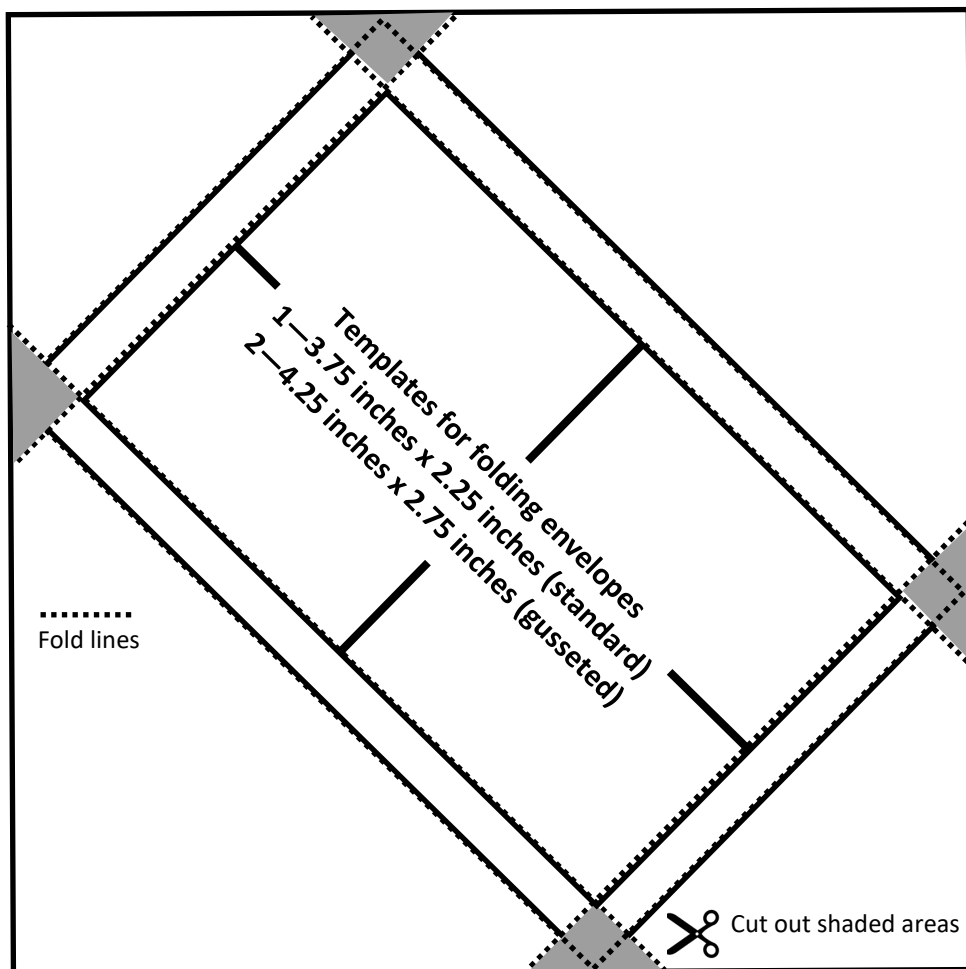
Congratulations

Your Story

Best Friend

Things I Admire About You

Motivational Quotes



5 x 5 inch painted paper for envelope

