



20 Peaceful Pause

AFFIRMATION CARDS

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A Peaceful Pause

My breath
anchors me
in the
present
moment.



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A Peaceful Pause

I begin my
day with
calm and
intention.



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A Peaceful Pause

I choose to
move my
body with
kindness.



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A Peaceful Pause

Each sip of
water
nourishes
my mind
and body.



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A Peaceful Pause

I release
the need
to rush and
embrace
ease.



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A Peaceful Pause

I find joy
in small,
ordinary
moments.



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A Peaceful Pause

My mind is
clear, my body
is relaxed.



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A Peaceful Pause

I notice
beauty in
the world
around me.



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A Peaceful Pause

Quiet
moments
bring me
peace and
clarity.



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A Peaceful Pause

I am present
with my
meals and
savor every
bite.



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A Peaceful Pause

Gratitude
fills my
heart and
shifts my
perspective.



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A Peaceful Pause

Each step I
take is
grounded
and steady.



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A Peaceful Pause

I welcome
stillness
into my life.

A Peaceful Pause

My body is
worthy of
care and
attention.

A Peaceful Pause

I am proud
of the effort
I put in
today.

A Peaceful Pause

I let
go of what
I cannot
control.


A Peaceful Pause

I end my
day with
gratitude and
self-kindness.

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A Peaceful Pause

I carry
peace
with me
wherever
I go.

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A Peaceful Pause

I release
tension and
invite
relaxation.

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A Peaceful Pause

I trust myself
to handle
challenges
calmly.

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