



# 20 Peaceful Pause

AFFIRMATION CARDS



A Peaceful Pause

I begin my  
day with  
calm and  
intention.



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A Peaceful Pause

My breath  
anchors me  
in the  
present  
moment.



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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

Each step I  
take is  
grounded  
and steady.



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A Peaceful Pause

Gratitude  
fills my  
heart and  
shifts my  
perspective.



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A Peaceful Pause

I am present  
with my  
meals and  
savor every  
bite.



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A Peaceful Pause

Quiet  
moments  
bring me  
peace and  
clarity.



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A Peaceful Pause

I let  
go of what  
I cannot  
control.



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A Peaceful Pause

I am proud  
of the effort  
I put in  
today.



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A Peaceful Pause

My body is  
worthy of  
care and  
attention.



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A Peaceful Pause

I welcome  
stillness  
into my life.



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A Peaceful Pause

I trust myself  
to handle  
challenges  
calmly.



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A Peaceful Pause

I release  
tension and  
invite  
relaxation.



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A Peaceful Pause

I carry  
peace  
with me  
wherever  
I go.



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A Peaceful Pause

I end my  
day with  
gratitude and  
self-kindness.



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