



Drayton's View
THERAPY AND WELLNESS
SERVICES, PLLC

Where Healing Meets Perspective

POSITIVE AFFIRMATIONS

How to Use These Affirmation Cards

Affirmations are positive statements that can help reframe your mindset and build self-confidence. Cut out these cards and place them where you'll see them often—on your mirror, desk, or even carry one in your wallet. Read them aloud daily, especially in moments of stress, to remind yourself of your inner strength and resilience.

I am enough just as I am	I choose peace over worry
I trust myself to handle challenges	I trust myself to handle challenges
I am worthy of love and respect	Every day is a fresh start
I release what I cannot control	It is ok to feel my feelings