

Affirmation Cards

On behalf of **First Light Charities**, thank you for joining us in sharing these positive affirmations! We are excited to see how they will add light and love to our world!

Starting with the first card, say the affirmation to yourself each day, and take time to read the description on the back. This set of 8 cards is intended to be used for two months, with one new card for each week. By the end of the two months, we hope you will have all the affirmations memorized and you will be able to keep saying these positive words to yourself every morning. But, of course, feel free to use the cards in whatever way is best for you.

Positive words said to yourself over and over will impact and change your life! This practice will also help to change the lives of those around you, as you begin to share these positive words with anyone in your circle of influence.

Thank you for being you and for uniting with us to **share love and light!**

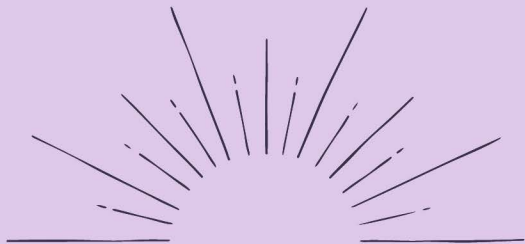


Please enjoy this mini set of Affirmation Cards from First Light Charities. If you, or a loved one, would like a full set of Affirmation Cards, please feel free to make a donation on our website, and we will send Affirmation Cards to whomever you would like to receive them.

Thank you for joining us in our continued effort to share love and light!



**I am
enough**

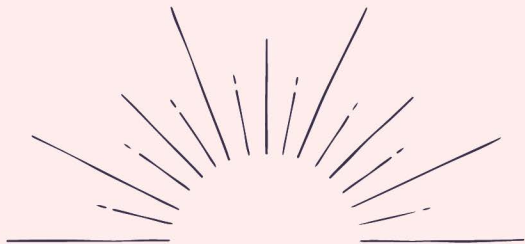


Voices sometimes echo around us: you aren't good enough, you aren't smart enough, you aren't capable enough. And then we find ourselves wishing we were something more, or something different. These messages often leave us feeling less than, broken, or insufficient.

When those lies threaten you, focus on the truth that you are divinely made and created. You have been given gifts, talents, and abilities to do great things. And you are capable of living a beautiful life.

You are enough.

**It is
okay if
I make
mistakes**

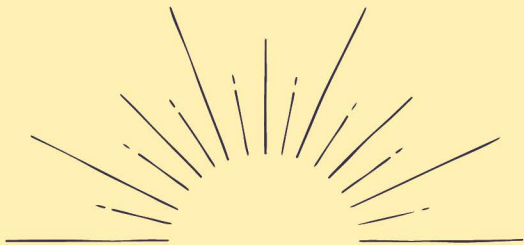


Everyone makes mistakes. Every day. No one is perfect, even if we are trying to be. But when mistakes happen, we often become overwhelmed with discouragement, embarrassment, or shame. We forget that mistakes open the door to learning and growth.

The beautiful thing is that you don't need to be perfect. Perfection is not the purpose of life. Be okay with giving your best, and know that is enough. You are capable of giving the best of yourself, even when mistakes are made along the way.

Keep sharing the light that is within you, and that will always be enough.

**I can do
hard
things**

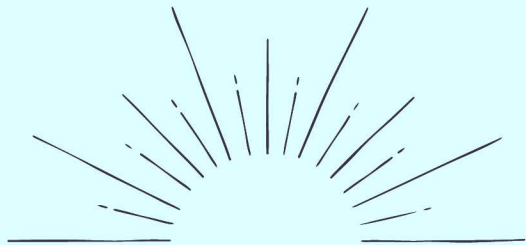


From time to time, we get an idea about something creative we could do, or something that might add some value and light to the world. But then we get this feeling that we aren't strong enough, smart enough, or capable enough to do that thing. It's just too hard, we might think.

But you are capable of doing hard things! No matter how difficult it is, you can do it! You have within in you all the wisdom, capacity, and creativity to do anything that is challenging.

It is the hard things that become the most important and valuable. You can do anything you put your mind to!

**My
contributions
are
valuable**



It might be outside forces or our internal voices, but we hear echoed over and over: your contributions aren't enough, you aren't pulling your weight, you aren't talented enough for this, you aren't smart enough, you don't matter.

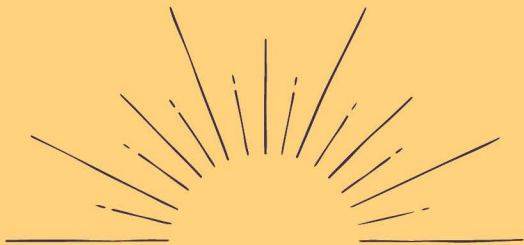
But that is all a lie!

You are important. You are needed.

And you have the intelligence and capability to make a difference. You are adding value to the world. Choose to be proud of yourself. It might seem scary to put yourself out there, but have confidence in your abilities and contributions.

You got this.

**I deserve
to feel
Joy**

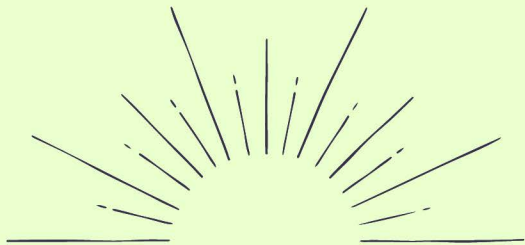


We all face difficult days, trying moments, and seemingly endless trials. Yet despite our circumstances, we are capable of finding joy. Taking time to speak words of gratitude to family, friends, or in prayer, can help us gain that power over dark or depressing thoughts, and enter into a realm of joy.

You might not have the life you hoped for, or you might be suffering unexpectedly, yet the power is within you to find joy and happiness--no matter your circumstance.

The world needs your hope and joy!

**I am
brave,
brilliant,
and
beautiful**

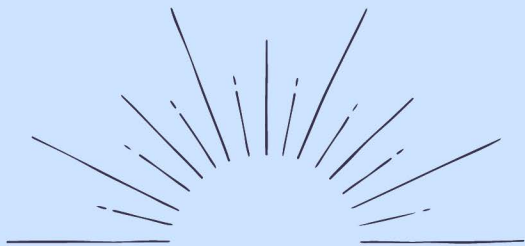


The world gives us all sorts of labels, telling us what we are or are not. But those labels do not define us. We are more than what others see on the outside. Others might say that we are weak, but in reality, we are brave. We might hear messages that lead us to think we are not smart enough, but in truth, we are brilliant. And images everywhere scream that we will never be pretty enough, but really, our bodies are a gift, and we are absolutely beautifully created!

When you feel inundated with these lies, tell yourself this truth:

I am brave, I am brilliant,
and I am beautiful!

**I am
Loved**

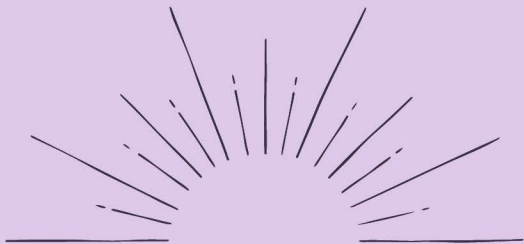


We all have days when we feel forgotten, alone, or unloved. We might even start to think that we are unlovable. But the reality is that we are loved. We all have people that care for us, that know our history, our story, and why we are the way we are. And if we can't think of anyone that does care for us--we can be absolutely confident that there is One: our Savior, Redeemer, Lord.

He knows you perfectly, gave Himself for you willingly, and continues to love YOU completely.

You are worthy of love and respect!

**I am
courageous,
confident,
and kind**

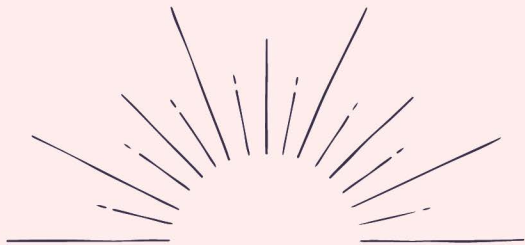


Sometimes our courage wanes, our confidence falters, and our desire to be kind is lacking. Yet, deep within us, we are human beings, capable of showing courage when it is most needed, being confident in standing up for what is right, and reaching out in kindness at just the right time.

You can have the courage to be true to who you are; you can be confident in what you offer; and you can give of yourself in kindness.

And as you grow and live in courage, confidence, and kindness, you will not only discover your own best self, but also help to improve the world!

**I choose
to see
the good**

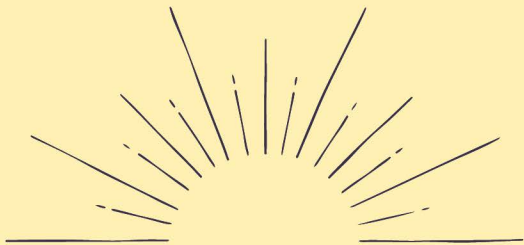


In a world that is both cynical and contentious, it can be difficult to see the good around us. Headlines feature anything violent, corrupt, and disastrous, but rarely good and uplifting. Because life is a gift, we can choose to appreciate the blessings we have been given.

You have the power to look for the good, and see the beauty in your life. You can practice gratitude, looking and speaking aloud the little moments of goodness that you see each day.

You have the power to see, live,
and do good!

**I will not
allow
negative
thoughts to
have power
in my life**



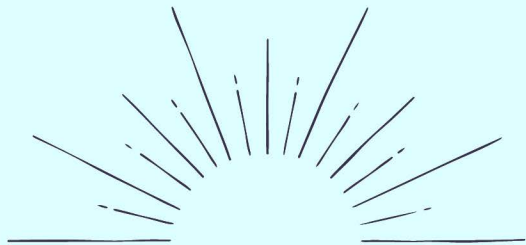
We have the power to choose how our feelings or thoughts will impact our actions. Because of that, we do not need to give that power to any negative thoughts toward ourselves or others.

Nor do we need to give place for judgmental or criticizing thoughts in our hearts.

You can choose to emphasize positivity, hope, and love in your mind. You can choose to give yourself and others the benefit of the doubt. You can choose to give place for grace.

You have power over negative and critical thoughts, because you are a Being of light and love!

**I add
beauty
and peace
to the
world**

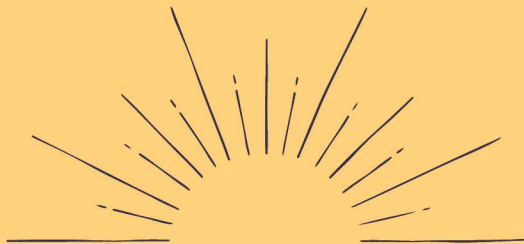


We are capable of so much good!
Within each of us is a person of beauty,
kindness, love, and compassion. Yet,
everywhere we are bombarded with
words of negativity, hatred, and
contention.

You can find the beautiful, the good,
and the loving within yourself to
contribute to the peace the world
needs. As you share your unique
abilities, as you share your words of
kindness, and as you share your simple
acts of mercy, you add to the goodness
of the world.

You add beauty, love, and peace.

**I will not
allow
comparison
to rob me of
my Joy**

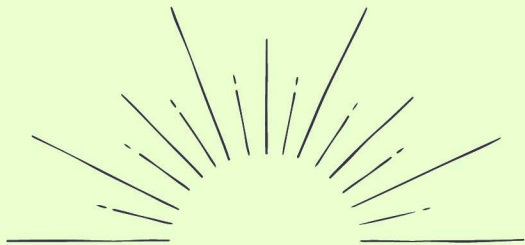


Comparison is one of the most pernicious thieves of our joy. It swoops in, even in moments of happiness, ready to attack our insecurities. And if we aren't on guard, comparison is victorious. Comparison especially attacks how we look, how we dress, what our home is like, what we get to do with our money or time, or the significance of our accomplishments.

But you are in control of your thoughts, and anytime comparison creeps in, you can regain control. You can focus instead on your many positive traits, as well as your blessings.

You do not need to let comparison rob you of your joy!

**I am
resilient**

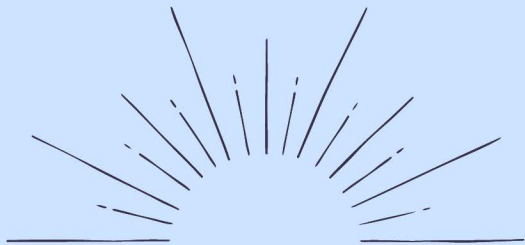


When difficult conditions arise, we might be tempted to run away, hide in fear, or abandon our courage. But we are capable of facing our circumstances head on, seeing mistakes as opportunities for growth, and overcoming problems with love for self and others.

You can overcome any obstacle, any trial, any opposition. You are not alone in your difficult circumstances. And the more you face your problems and rise up to meet them, the more you will find the resilient power within you. You are able to withstand and recover from any difficult experience.

You are strong and resilient.

**I am
intentional
with my
time**

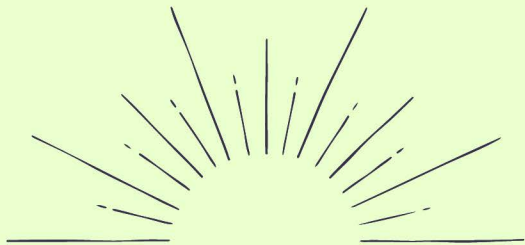


Distractions and diversions are around every corner. We get inundated and overwhelmed until we feel like we are at the brink of failure.

But you can choose to be intentional with your time. You can give place for others, and for yourself. Boundaries are essential, and when you establish those limits, you are giving yourself the power to say yes to the most important matters in life. Seek to be intentional with your time, especially by saying no as needed.

Being intentional with your time allows you to love what you do, and give your very best self.

**I show
mercy to
myself
and
others**

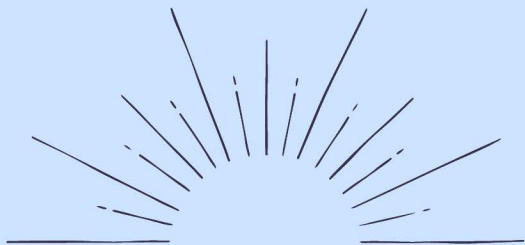


Every single person on earth makes mistakes, every day. And because of those mistakes, we are all in need of mercy. We all need a little extra kindness when we mess up.

When you make mistakes, show mercy to yourself. Forgive, use positive self-talk, and try again. When someone else makes a mistake, especially one that impacts you, remember the times you have been shown mercy, and try to be kind, patient, and loving.

You can make the world a better place by showing mercy--to yourself and everyone around you.

**I am a
reflection
of the
image of
God**



The messages we sometimes hear from the media and outside influences tell us that we are ugly, deformed, imperfect, or abnormal. Yet, to God, we are perfectly designed, beautifully created, and divinely made. For He is the One who design, created, and made us!

You are made in God's image. You are created exactly how He intended you to be. And you are a reflection of Him. Your skin, your hair, your shape, your size--all of it is perfectly given by Him.

You are a reflection of Him, and as you internalize this truth, the more you will be able to shine His light and love to everyone around you.