

Flashcards

*Daily
Positive Affirmations*

The Quick Reference Code Blog

<https://thequickreferencecodeblog.wordpress.com/>

1

There is
nothing wrong
with wanting
the best for
your life.

2

It's Ok.
Acknowledge
the hurt, and
then move on.

3

Crow on girl.
You've got
this.

4

But God.

5

I am in my
healing era.

6

I'm optimistic
about my
future though
I'm unsure of
what it holds.

7

Sobriety is
Self-Care.

8

Look at you
doing good and
growing into
the best
version of
yourself.

9

Stress Less.
Tomorrows
worries are not
your concern
today.

10

Be yourself,
because
yourself is
enough.

11

I am getting
my life
together one
day at a time.

12

I am capable
of sitting with
and
experiencing
my emotions.

13

*I am not a
victim. I am a
victor.*

14

*Everything is
going to be
alright.*

15

Letting go
allows healing
to happen.

16

Life gets
tough, but it
doesn't get
impossible.

17

I may not be where I want to be, but I'm a long way from where I started.

18

Proper self-care means that I allow myself to make mistakes.

19

Mistakes
often mean
that I am
trying.

20

Setting
boundaries is a
way to practice
self-care.

21

My life is
coming
together, one
decision at a
time.

22

Do more of
what calms
you.

23

*My growth
mindset is
uploading...*

24

*Breathe in
calm.*

25

*Grow where
you are
planted.*

26

*Enjoy the
little things.*

27

I'm grateful
for my effort,
resilience, and
growth.

28

Relax. Unwind.
Repeat.

29

It gets better.

30

I am enough.

31

I am thankful
for my
blessings.

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Encouragement Visit

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