

Stacking the Deck




Radical Self-love Cards to Brighten Each Day

This exercise involves creating your own deck of positive affirmation cards that you may use anytime and anywhere as a way of reminding yourself of your many amazing qualities.

Materials:

- ✓ 52 (or whatever number you wish) blank cards which may be purchased or created from paper or cardboard.
- ✓ Colored pens, stickers, photos, magazine cut-outs or any other items you wish to use to decorate your cards.
- ✓ Positive affirmations. You will find an endless number of affirmations online. Choose the ones that are most meaningful and motivating for you.

Once you've compiled everything you need, it's time for the fun part: Decorating! Draw or stick images that make you happy on each card along with an affirmation. Once they are complete, place them in locations that will serve as daily reminders of the importance of self-love. You may want to keep them in your purse, car or office so that they will bring you a sense of peace and contentment everywhere you go. Here are a few examples:

<p style="text-align: center; font-size: 2em; font-weight: bold;">A</p> <p style="text-align: center;"><i>You, yourself, as much as anybody in the entire universe, deserve your love and affection</i></p> <p style="text-align: right;"><i>~Buddha</i></p> <div style="text-align: center;">  </div> <p style="text-align: center; font-size: 2em; font-weight: bold;">V</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">Q</p> <p style="text-align: center;"><i>No one can make you feel inferior without your consent</i></p> <p style="text-align: center;"><i>~ Eleanor Roosevelt</i></p> <div style="text-align: center;">  </div> <p style="text-align: center; font-size: 2em; font-weight: bold;">D</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">K</p> <p style="text-align: center;"><i>You're imperfect, and you're wired for struggle, but you are worthy of love and belonging</i></p> <p style="text-align: right;"><i>~ Brene Brown</i></p> <div style="text-align: center;">  </div> <p style="text-align: center; font-size: 2em; font-weight: bold;">R</p>
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Quotes from <https://www.brainyquote.com>

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