

# YOU ARE & I AM AFFIRMATION CARDS

Create a unique and heartfelt message of love, encouragement, and affirmation for a loved one and yourself, and notice how you both make each other better humans.



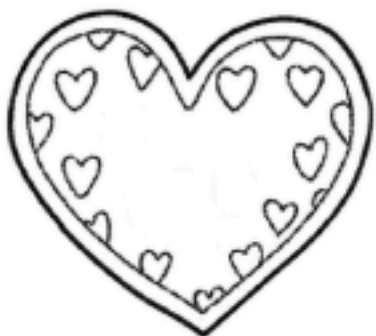
- 1 Print out the 'I AM', and 'YOU ARE' pages to make two cards. Cut out the hearts. Write what you love about yourself and a loved one on the hearts and fold each heart in half.
- 2 Print out pages 3 and 4. Fold the card in half so the title is on the front. Tape or glue the hearts accordingly to the front of the card and draw lines to make a heart bouquet or arrange them any way you like.
- 3 Add personalised messages inside the card and gift them to brighten someone's day!





I AM

YOU ARE



YOU ARE

I AM



Use this positive word list to help find the right word to describe yourself or your loved one.

Kind  
Loving  
Caring  
Sweet  
Happy  
Fun  
Friendly  
Helpful  
Thoughtful  
Generous  
Gentle  
Cheerful  
Brave  
Smart  
Creative  
Funny

Unstoppable  
Honest  
Respectful  
Joyful  
Playful  
Positive  
Supportive  
Wonderful  
Amazing  
Fantastic  
Incredible  
Beautiful  
Radiant  
Awesome  
Unique  
Lovely

Admirable  
Charming  
Clever  
Precious  
Athletic  
Bright  
Hardworking  
Reliable  
Understanding  
Grateful  
Affectionate  
Encouraging  
Sincere  
Warmhearted  
Trustworthy  
Patient  
Loyal

