



Gentle Alignment

Affirmation Cards



I move at
the pace of
my own
truth



Today is
allowed to
be simple




I pause
and
nothing is
lost




I am safe in
slowness

Gentle Alignment

Affirmation Cards



I trust
what my
body
quietly
knows



My inner
knowing is
enough



I listen for
what is
already
here




I follow
what feels
true

Gentle Alignment


Affirmation Cards




I trust the
timing
unfolding
around me



I trust
myself to
sense what
is next



I am not
meant to
hurry this
becoming



I rest
inside the
unknown

Gentle Alignment

Affirmation Cards



Clarity
arrives
when I
soften



I am
supported
by my own
presence




I choose
gentleness
over force




Ease is a
valid
choice

Gentle Alignment


Affirmation Cards



I return to
myself
again and
again



I give
myself
permission
to arrive



I am not
behind I
am
arriving



I begin
again softly