

I AM *Powerful*

Affirmations to Inspire
Boldness, Kindness,
and Joy

Holly Hatam



sounds true
BOULDER, COLORADO



Sounds True, Inc., Boulder, CO 80306. Published 2022. © 2022 Holly Hatam. SOUNDS TRUE is a trademark of Sounds True, Inc. All rights reserved. No part of this deck may be used or reproduced in any manner without written permission from the author, illustrator, and publisher. Printed in China. KT06429.

10 9 8 7 6 5 4 3 2 1



How to Use This Deck

Whenever you feel a knot in your belly, a flutter in your heart, or are just in need of a little magic or inspiration, close your eyes, hold the deck in your hands, and pull a card at random. The card you drew is a little sign from the universe. Repeat the affirmation, aloud or in your head. You could even write it out ten times. Tape it to your wall or mirror as a positive reminder for that day. These affirmations will help you embody boldness, kindness, and joy.




From the Author

The inspiration for these cards first came from my love of magic, the universe, and the belief that anything is possible. It helped me to accept and own my big emotions and to love myself for who I am. I hope these cards can do the same for you.

— Holly Hatam

This anxiety
is just a *Wave* and
I am the
Ocean

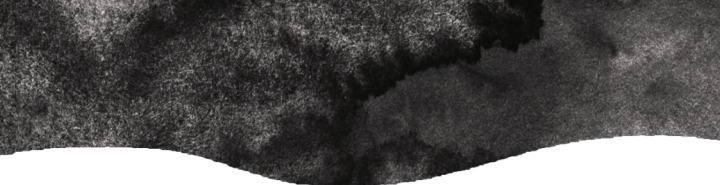




When you think
of something that is
causing you anxiety,
allow it to roll over
you like water.

I am the
Author
of my own **Story**






Make a list of
three goals you
would like to achieve.

I
Believe
in Me






Name one thing
you are good at.

Tomorrow name
another thing.

I have
Brilliant
Ideas





Do you have an idea
for a story? A service
project? A party?

Share your idea with a
friend and work on it—
maybe together.