

GET INSPIRED WITH SAYSOSOUL

HOW TO BEGIN USING YOUR AFFIRMATION CARD DECK

Thumb through the cards
and pick an intention that
fits your goals or mood

-OR-

Shuffle the deck and pick
a random card



GETTING STARTED

GET THE MOST FROM YOUR CARDS

SaySoSoul Cards are like little helpers. They have pictures and words that make you feel good about yourself and help you understand your feelings better.

INTENTION

This guides you to focus on self-appreciation and care. It's a gentle nudge reminding you to cherish and prioritize your well-being.

self compassion

I am deeply loved at my best and at my worst.

AFFIRMATION

This is a positive statement tailored for you. By repeatedly embracing its words, you strengthen your belief in the intention, reshaping your mindset and combating negative thoughts.

ILLUSTRATION

This abstract illustration resonates with the theme of your card. It's designed to stir emotions and intuitive feelings, amplifying the card's message and deepening your connection to its intent.



**MADE FOR HUMANS OF ALL
AGES AND STAGES**



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HOW TO USE YOUR CARD DECK

daily intentions

Start your morning by randomly drawing a card from the deck. Let that card set the intention for your day. Before going to bed, reflect on how your day aligned with the intention you drew in the morning. This can be a great way to foster mindfulness and presence throughout the day.

self compassion

I am deeply loved at my best
and at my worst.

self belief

I am on the right path for me.

self discovery

I allow others to make their
own choices. I am focused
on my own path.

self care

I take care of my body.
I listen to my dreams.

self appreciation

I give thanks to my anxiety
that allowed me to create
this face.

self growth

I release the old

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HOW TO USE YOUR CARD DECK

journaling prompts

Whenever you're in need of reflection or simply want to explore your feelings, thoughts, or experiences, draw a card. Write about what the intention means to you, how you've experienced it in your life, and ways you can bring more of that intention into your daily activities.

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self discovery

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self care

I take care of my body.
I listen to my dreams.

self appreciation

I give thanks to my anxiety
because it has helped me to create
my life.

self growth

I let go of the old

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HOW TO USE YOUR CARD DECK

meditation anchor

Begin a meditation session by drawing a card. Contemplate the intention or message on the card, and use it as a focal point or anchor for your meditation. Allow the intention to guide your thoughts and bring you back when your mind begins to wander.

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positive thinking

Once you've drawn a card, turn its intention or message into a personal affirmation. When you encounter a challenge or trigger, repeat the affirmation throughout the day to reinforce its message.

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self appreciation

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because it has helped me to create
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self growth

I let go of the old
to make room for the new.

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creative inspiration

If you're an artist, writer, or engage in any creative endeavor, use the cards as inspiration for your work. Draw a card and let its message guide the theme or emotion of what you create that day.



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icebreaker

Invite everyone to pull a card. Each person can then share the intention and perhaps a personal story or hope related to it. This can facilitate deeper connections, understanding, and openness among participants.

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self growth

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visualization

Choose a card and use its theme as a basis for a guided visualization. For example, if the card reads "Self-Compassion," close your eyes and visualize a place or scenario that embodies this theme and the provided affirmation. Dive into the sensory experiences of that place—sounds, sights, smells—and immerse yourself fully.

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challenge yourself

Draw a card and challenge yourself to embody its intention for a specified time. For instance, if the card reads "Self Belief," think of how you can embody this over the next week.

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dinner discussions

Make meals more meaningful. Draw a card during dinner time with family or friends and use its theme as a discussion topic for the meal. Share experiences, thoughts, and feelings related to the card.



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dream interpretations

The cards' abstract illustrations often resonate with dream-like qualities. Have a try at interpreting the drawings in the context of recent dreams or to use the cards as prompts for dream journaling.



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free association

Gaze at the illustration and quickly share the first word or phrase that comes to mind, without overthinking. This practice reveals underlying thoughts and emotions.

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perspective play

Turn the card around, viewing it from different angles. Notice how your interpretation changes with each shift. This can represent adaptability and openness in perception.



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symbol search

Identify any symbols you see in the image and reflect on their personal meaning. For example, even if it's just a splash of ink, you might see it as a bird, representing freedom.

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