



12-day Affirmations

Every Day is a
good Day to
Affirm Yourself
Restart Now

#MyRestartLife



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12-Day Affirmation Cards to *Restart Your Life*

Betrayal can leave deep emotional scars, but healing is achievable. These affirmation cards offer daily affirmations to help you reflect, release pain, and rebuild your life with strength and hope. Embrace the journey to reclaim your worth and create a brighter future, one small step at a time.

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Ready to start your renewal journey? Read my book ***Betrayal: A Journey of Love, Loss, and Renewal*** to help you understand the lasting damage betrayal can cause to an individual. Betrayal is both personal and collective, as many of us have experienced it in some form. It is painful, but it doesn't define you. Your survival proves your strength, resilience, and courage. Please don't give up; we're cheering you on.

Find it on MyRestartLife.com

To support you on your path to renewal, my ***Restart Your Life*** course offers steps and guidance on how to acknowledge, discover, and heal yourself. Whether it's childhood trauma, failed relationships, difficulty setting boundaries, or any form of abuse, ***Restart Your Life*** provides seven practical modules to help you reconnect with your inner self and realize your true worth. It also includes a bonus workbook filled with quizzes, affirmations, and self-reflections to help you start your renewal journey, stay on course, and track your progress. This is your life. Restart it now.

MyRestartLife.com

Any day is a good day to affirm yourself.


Restart Now.

Moriamo.



**I AM DOING MY
BEST AND THAT IS
ENOUGH.**

#MyRestartLife



**I ACCEPT MY
THOUGHTS AND
EMOTIONS.**

#MyRestartLife



**EVERYONE MAKES
MISTAKES. I CAN
TRY AGAIN.**

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**I AM UNIQUE AND
CAPABLE OF
GREAT THINGS.**

#MyRestartLife



**I CAN LEARN AND
GROW EVERY DAY.**

#MyRestartLife




**I CAN ACHIEVE MY
GOALS.**

#MyRestartLife



**I WILL BE PATIENT
WITH MYSELF.**

#MyRestartLife



**I WILL ENCOURAGE
MYSELF.**

#MyRestartLife





**I AM THANKFUL
FOR WHO I AM.**

#MyRestartLife



**MY WELLBEING IS
IMPORTANT.**

#MyRestartLife



**I BELIEVE IN MYSELF
AND MY ABILITIES.**

#MyRestartLife



**I AM PROUD OF MY
ACCOMPLISHMENTS.**

#MyRestartLife



**I AM KIND AND
CARING.**

#MyRestartLife



**I WILL FOCUS ON
WHAT BRINGS ME
JOY.**

#MyRestartLife



**MY THOUGHTS AND
IDEAS MATTER.**

#MyRestartLife



**I DESERVE KINDNESS
AND COMPASSION.**

#MyRestartLife





THROUGH RESILIENCE,
I TRANSFORM PAIN
INTO POWER. I AM
CAPABLE OF
OVERCOMING ANY
CHALLENGE AND
CREATING A LIFE
FILLED WITH JOY
AND PEACE.

#MYRESTARTLIFE



EACH DAY, I
RECLAIM MY
STRENGTH AND
REBUILD MY
TRUST IN MYSELF.
I AM RESILIENT,
AND MY SPIRIT IS
UNBREAKABLE.

#MyRestartLife





**I HONOR MY
JOURNEY OF
HEALING AND
GROWTH. WITH
EVERY BREATH, I
LEARN TO RISE
ABOVE THE PAST
AND EMBRACE A
BRIGHTER
FUTURE.**

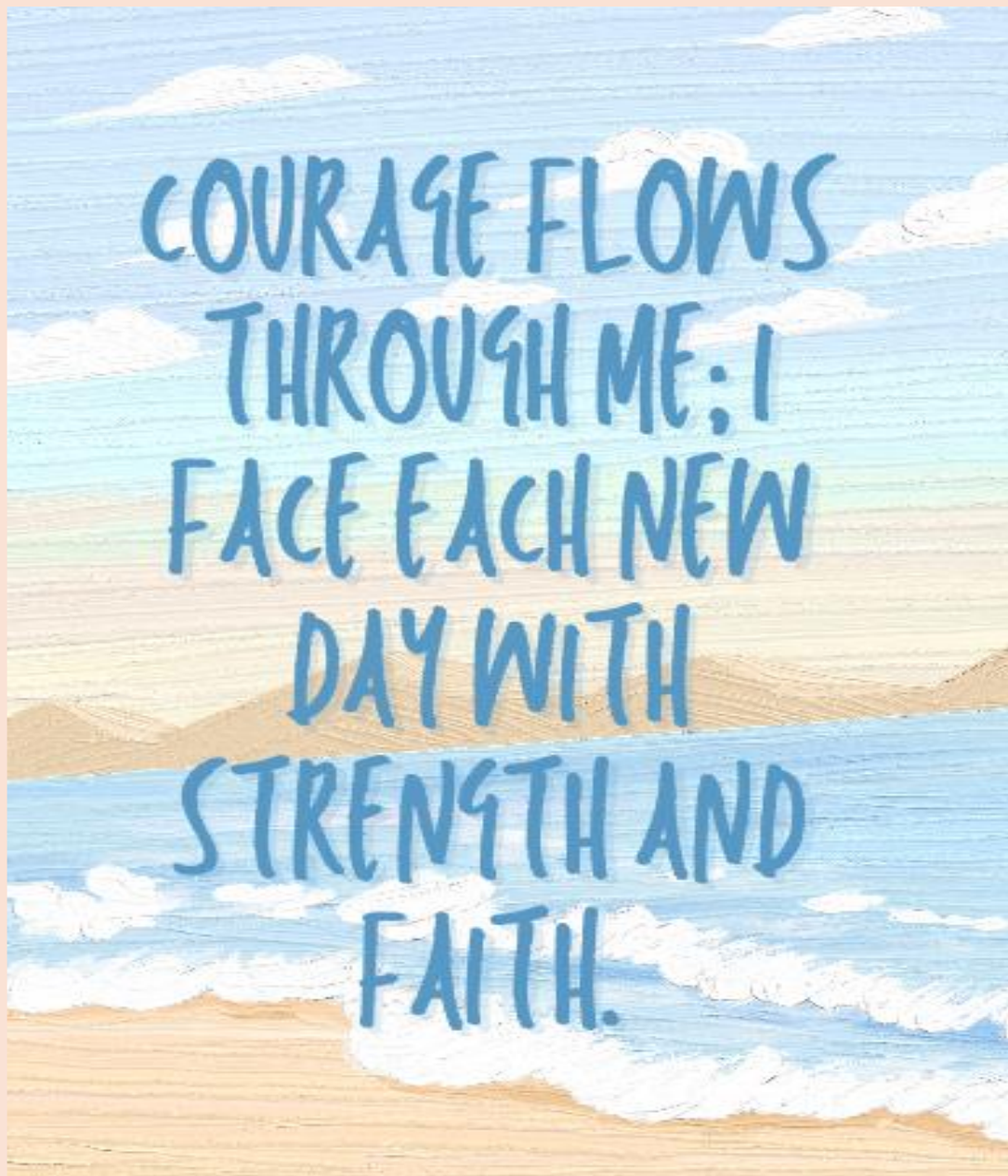
#MyRestartLife

*I AM WORTHY
OF LOVE AND
RESPECT.
BETRAYAL
DOES NOT
DEFINE ME;
MY COURAGE
TO REBUILD
DOES.*

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**Every
challenge I
overcome
becomes
proof of my
unshakable
spirit.**

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“ Every strike
brings me closer
to the next
home run. ”

Babe Ruth

#MyRestartLife



I am worthy
I am capable

I am worthy **I am u**
am capable I an

I am worthy
I am capable

I am worthy **I am t**
I am capable I a

I am worthy
I am capable

I am worthy
I am capable

#MyRestartLife



I AM LOVED

I AM SMART

I AM KIND

I AM CAPABLE

I AM BRAVE

I AM ENOUGH

#MyRestartLife



EVERYDAY AFFIRMATIONS



I AM COMPLETE AS I AM



POSITIVITY SURROUNDS ME



MY FEELINGS ARE VALID



I AM WORTHY OF LOVE



TODAY IS FULL OF OPPORTUNITY



#MYRESTARTLIFE

#MyRestartLife



DAILY AFFIRMATIONS

to start your day

I am capable and strong
enough to handle any
challenge that comes my way

I choose to focus on
the positive aspects of
my life and let go of
negativity.

I trust my
intuition and
make decisions
with confidence

I am grateful for all the
blessings in my life and look
forward to new opportunities

I am worthy of love,
happiness, and success

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If these affirmations resonate with you, continue your renewal journey by exploring the ***Restart Your Life Course***, specifically designed to support you on your path to recovery and reclaiming your life. Betrayal may be inevitable, but your renewal is unstoppable.

MyRestartLife.com

Restart Now.

With love,

Moriamo

Betrayal is
not the end—
Renewal
is the
beginning.

#MyRestartLife