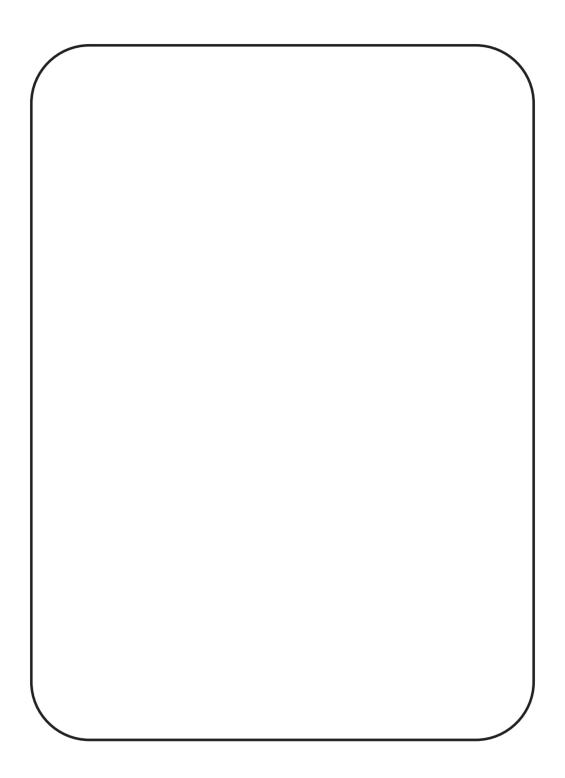
I AM...

- Use the provided space to draw a beautiful card to write down your affirmation.



Writing positive affirmations promotes mindfulness by directing your attention to empowering and uplifting thoughts, fostering a positive mindset and self-awareness.