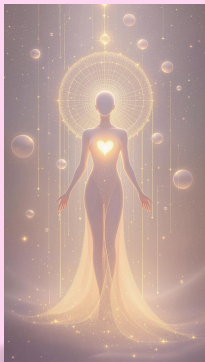




THEME: SOFT ARMOR  
BECAUSE PROTECTION  
DOESN'T HAVE TO MEAN  
SHUTTING DOWN.


*Curated by Elle Vida*




*Sparklebox*

## **Daily Affirmations: Soft Armor**


1. “I protect my peace without hardening my heart.”

 Boundaries are not walls — they are invitations to love yourself first.

2. “My energy is mine to preserve. I am not responsible for carrying what is not mine.”


 Let go of the weight you were never meant to hold.

3. “My kindness does not require my compliance.”


 Saying no is not unkind — it’s a sacred act of clarity.

Every boundary you hold with love shapes a safer future for your soul.


4. “Every time I honor my limits, I build a sanctuary within.”

 Your nervous system isn’t a battleground. Let it become a temple.

5. “I do not shrink to keep others comfortable. I glow softly, as I am.”

 You don’t owe anyone a dimmed version of your light.

6. “By honoring my energy, I elevate the collective.”

 Every act of self-love ripples outward. When you protect your peace, you become a lighthouse for a more conscious world.