



Affirmation Card Templates

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Builder Affirmation Cards

These printable affirmation cards help participants practice their builder identity daily. Print, cut, and keep them visible (wallet, mirror, phone background, dashboard).

How to Use These Cards

1. **Print on cardstock** or regular paper
2. **Cut along the lines** to create individual cards
3. **Personalize** - add your own affirmations on the blank templates
4. **Place strategically** - where you'll see them when you need them most
5. **Say them out loud** - the practice matters more than just reading

Pre-Written Affirmation Cards

Card 1: Core Identity

- | **I AM A BUILDER**
- | I am not broken. I am resourceful.
- | I create solutions. I break cycles.
- | I build legacy.

Card 2: Resilience

| I GET BACK UP

| I've survived 100% of my worst days.

| Every setback has made me stronger.

| I am resilient as hell.

Card 3: Dignity

| I AM WORTHY

| I deserve dignity, respect, and success.

| My past does not define my future.

| I choose who I'm becoming.

Card 4: Agency

| I HAVE POWER

| I make decisions that honor my future self.

| I am the author of my story.

| My choices create my reality.

Card 5: Community

| BUILDERS HELP BUILDERS

| I lift others while I rise.

| I am part of something bigger.

| My success creates space for others.

Card 6: Progress

PROGRESS OVER PERFECTION

I celebrate small wins.

Every tiny step forward counts.

I'm building something that matters.

Card 7: Resourcefulness

I FIGURE IT OUT

I've solved impossible problems before.

I am creative, adaptable, and persistent.

I build with what I have.

Card 8: Identity Shift

I'M A CYCLE-BREAKER

I am creating a new legacy.

What I build today changes tomorrow.

I am the disruption my family needs.

Blank Template Cards

Blank Card Template 1

I AM ____

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Blank Card Template 2

| I AM ____

| ____

| ____

| ____

Blank Card Template 3

| I AM ____

| ____

| ____

| ____

Design Tips for Physical Cards

Size: Standard business card (3.5" x 2") or index card (3" x 5")

Materials:

- Cardstock (110 lb recommended)
- Laminating sheets (for durability)
- Colored paper or markers for personalization

Layout:

- Front: Bold affirmation statement
- Back: Supporting evidence or reminder of when you've demonstrated this strength

Digital Version

Create a photo of your affirmation card and use it as:

- Phone lock screen or wallpaper
 - Desktop background
 - Saved image you review each morning
 - Story post for accountability
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Daily Practice

Morning Ritual: Read 3 cards before you start your day

Trigger Response: Keep a card ready for moments when shame scripts surface

Evening Reflection: Review cards and ask: "How did I embody this today?"

Weekly Rotation: Swap cards weekly to keep them fresh and prevent autopilot reading