

Christmas Affirmation Gallery

For women who feel behind in life at Christmas

These pages are designed as art-print style Christmas affirmation cards. They are for the woman who looks at December and feels late, behind or out of sync with everyone else's life. Each page holds one affirmation, surrounded by quiet, minimal Christmas line art you can bring to life with colour.

Print the cards on A4 paper or thicker cardstock. Choose pencils or markers you love. As you colour the details, read the words slowly and let them speak to this exact version of you.

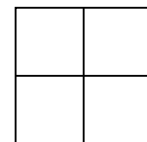
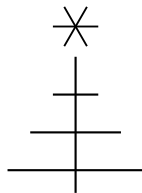
On the line marked 'My word for this Christmas', write one word that feels like a soft anchor: rest, courage, tenderness, enough, hope or anything that fits your story. After colouring, place the page in a frame, on your desk, by your bedside or near the tree.



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Sacred Christmas Affirmation

*I am not late for my own life; I am
arriving in my own time.*

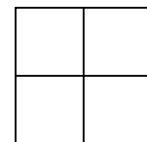
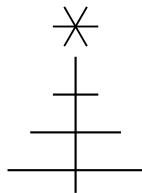
My word for this Christmas:



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Sacred Christmas Affirmation

My worth is not measured in Christmas photos, couple status or pregnancy announcements.

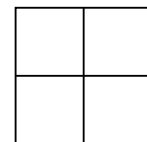
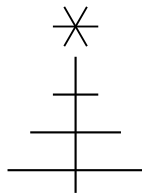
My word for this Christmas:



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Sacred Christmas Affirmation

*Feeling behind is a story, not a fact; I
can question it gently.*

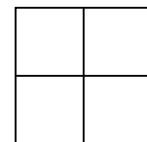
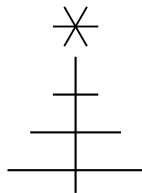
My word for this Christmas:



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Sacred Christmas Affirmation

*I am allowed to grieve what I do not
have and still build a beautiful holiday
for the woman I am now.*

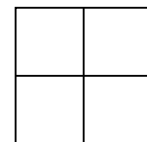
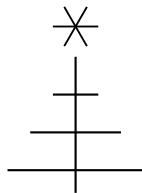
My word for this Christmas:



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Sacred Christmas Affirmation

*I refuse to let other people's timelines
make me cruel to myself.*

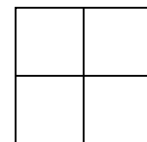
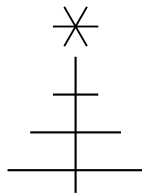
My word for this Christmas:



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Sacred Christmas Affirmation

*Even when my life feels messy, I
deserve gentleness.*

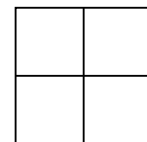
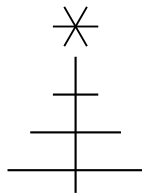
My word for this Christmas:



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Sacred Christmas Affirmation

*I can opt out of traditions that hurt my
mental health, even if others do not
understand.*

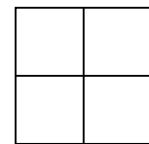
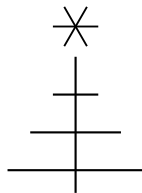
My word for this Christmas:



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Sacred Christmas Affirmation

*Money does not define my value or the
value of my love.*

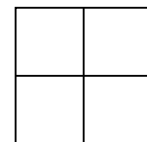
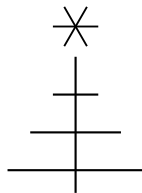
My word for this Christmas:



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Sacred Christmas Affirmation

*I am allowed to rest, even if my to-do
list is unfinished.*

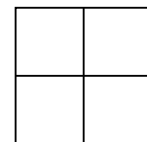
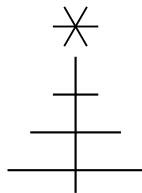
My word for this Christmas:



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Sacred Christmas Affirmation

*My relationship status is not a measure
of how lovable I am.*

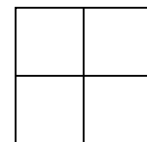
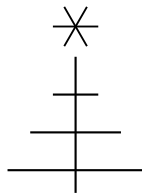
My word for this Christmas:



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Sacred Christmas Affirmation

*I am allowed to feel lonely without
telling myself I am unlovable.*

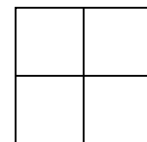
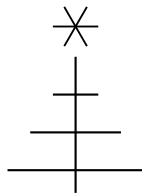
My word for this Christmas:



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Sacred Christmas Affirmation

*I can celebrate small, quiet wins from
this year, even if my life looks nothing
like I planned.*

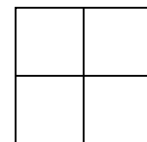
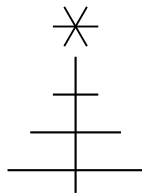
My word for this Christmas:



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Sacred Christmas Affirmation

*My pace is not a problem to be fixed; it
is a rhythm to be respected.*

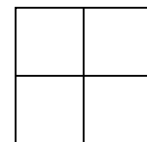
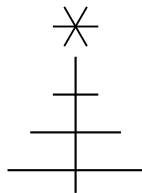
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Sacred Christmas Affirmation

*I can let this Christmas be just okay
instead of perfect. That is already an
act of courage.*

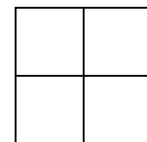
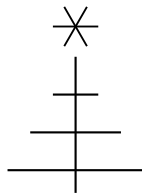
My word for this Christmas:



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Sacred Christmas Affirmation

*Even if others do not see my invisible
work and growth, it still counts.*

My word for this Christmas:



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Sacred Christmas Affirmation

*I am allowed to design my own meaning
for Christmas, or to step back from it
altogether.*

My word for this Christmas:

