



Peacefully Planned

SAFE TO FEEL

Affirmations for tender days



My feelings are allowed to exist.
Nothing I feel is wrong or too much.

It's okay to rest. Taking breaks
honors my mind and body.

I can move at my own pace.
Grief has no timeline or
deadline.

I don't have to be
strong every
moment.
Softness is
strength, too.

I can seek support
when I need it.
Asking for help is a
sign of care, not
weakness.



Love doesn't end.
It shifts, it stays, it finds new
ways to live within me.