# Best Affirmation Cards for Self Care in 2024



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Affirmation cards are gaining popularity as tools to foster positive thinking and self-improvement. Here's a roundup of some standout choices:

1. **Asana Creatives Affirmation Cards**- 40 cards featuring beautifully illustrated affirmations. - The back of each card offers a detailed explanation of the positive statement. - Available for £32.20 on Etsy.

2. **Nap Ministry's Rest Deck: 50 Practices to Resist Grind Culture Cards**- Created by Tricia Herse, founder of the Nap Ministry. - 50 cards illustrated by Paula Champagne, promoting the importance of rest. - Available for £15.03 on Amazon.

3. **Intelligent Change Mindful Affirmation Cards for Health and Wellbeing**- A sage green set focusing on love, relationships, and financial abundance. - Prioritizes a holistic approach between body, mind, and spirit. - Available for £29 on Amazon.

4. **A Box Of Pep Talks Stationery Set**- Allows users to write personalized notes for various situations. - Features prompts such as “Read me when you feel like an imposter.” - Available for £11 at Urban Outfitters.

5. **Sunshine in a Jar**- Contains 100 mini affirmation cards in a jar. - Minimalist designs ideal for daily use. - Available for £22.99 on Etsy.

6. **Power Thought Cards by Louise Hay**- 64 cards by the author of “You Can Heal Your Life.” - Promotes positive thought patterns via unique artworks. - Available for £17.99 at Waterstones.

7. **The Little Frog's Guide to Self-Care**- Over 40 hand-drawn illustrations by artist Maybell Eequay. - Provides tips for positive changes. - Available for £7.59 on Amazon.

8. **Emotional First Aid Kit by Dr. Emma Hepburn**- Positive affirmations and tools for mental health. - Illustrated cards tackling various emotional challenges. - Available for £13.80 on Amazon.

9. **Paper Stars in a Jar with Positive Affirmations by Fortune Jars**- Tactile origami stars containing affirmations. - Ideal for lifting spirits on low days. - Available for £21.31 on Etsy.

10. **Love Yourself You Stupid B\*tch by Sugar & Sloth**- 20 sweary, humorous affirmation cards. - Bright and colorful with a tough-love approach. - Available for £15.95 on Etsy.

Each of these products aims to help individuals embrace positive thinking and self-care in their daily lives.