

AFFIRMATION CARDS

Add your favourite affirmations or use the ones provided.
Print, cut and choose a random card every day!

MY WORDS ARE
IMPORTANT

IT'S OKAY TO
STUTTER

MY STUTTER MAKES
ME UNIQUE

EVERY VOICE
DESERVES TO BE
HEARD

I CAN SPEAK IN MY
OWN WAY

I CAN SHARE MY
IDEAS

I CAN TRY NEW
THINGS

I CAN TAKE MY TIME

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