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Affirmations you deserve to hear.

Affirmations (n.): Statements used to change and challenge a person's mindset and shift negative or unhelpful thoughts into something more useful.

This game has positive and empowering affirmations geared toward shifting your mindset and improving your relationship with yourself.

Setup

Open the box and shuffle all the cards. You'll see there are 2 sections inside: **work in progress** & **mindset glow-up**.

This will be the way you sort through each affirmation, ensuring you're working through ones that need more attention.



Each day, you'll draw an affirmation and say it out loud, preferably in front of a mirror, and try to internalize it as best you can.

If you really don't think the affirmation you drew will serve you today, feel free to pick another one!

How to Play

As you go through your day, try to live by that affirmation. Seek out opportunities where it might be helpful to shift your mindset and implement that thinking!

For example: If you drew a card that says...



and you... survived a rough commute, then crushed that big presentation, and finished your night with a workout... those are all perfect moments to thank yourself. Remember: You deserve it.

Other cards might be a bit more vibe-based. A card like...



might be a bit harder to completely shift your mindset around. Still, you might use this card to pull yourself out of a nervous pit and focus on what you can change—your own actions and your own energy.

You can interpret any card any way you want. It's totally up to you. As long as your mindset is growing, changing, and adapting—you're crushing it.

At the End of the Day

When you're done with your day, take another look at the affirmation you drew that morning. Think about how you internalized it today.

Then ask yourself these questions:

Do I feel like I positively changed my actions and mindset?
Do I feel like I totally internalized my daily affirmation?
Do I feel like I handled situations in a healthier way?

If so, awesome! Place that affirmation in the **mindset glow-up** section of the box.

If not, ask yourself:

Did I fall into old habits and resist change?
Do I need to spend more time with this one and try again?

If the answer is yes, that's totally fine! Go ahead and place that card in the **work in progress** section of the box.



What's Next?

Play through the affirmations until each one is separated into either the **work in progress** or **mindset glow-up** section.

When each card has been sorted, start again—this time using the **work in progress** section as your main deck. Work your way through these affirmations again, and repeat the process. If it worked this time, sort it now into **mindset glow-up**. Otherwise, put it back in the **work in progress** section.

Rinse and repeat until every card is in the **mindset glow-up** section! Congratulations on making it through this journey.

Here's a final affirmation: You deserve to feel empowered.

Pro Tip!

When you're fully done, you can take your favorite affirmations with you as reminders of what you're capable of. Display them on your mirror, keep them in your wallet, or share one with a friend!

xoxo
Relatable



@WhatDoYouMeme
#AffirmationsYouDeserveToHear

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100 Affirmation Cards

Affirmations you deserve to hear.

★ Super *sexy* instructions

AGES 17+
PLAYERS 1+
MINUTES 10+

INSIDE 12" X 4"

OUTSIDE 12" X 4"