DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I am enough just as I am.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I like the person I'm becoming.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

My voice and opinions matter.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I deserve to be treated with respect, and I should treat myself that way too.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I am more than how I look.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

My worth isn't measured by likes, followers, or popularity.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I don't have to change who I am to belong.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I have something unique to bring to the people around me.

PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I deserve friendships where I feel valued and respected.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I don't have to be perfect.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I'm not behind in life. I'm on my own path.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

I am stronger than I think, even on hard days.

PROJECT GIRL CODE

KNOW YOUR WORTH

Embrace who you are. Recognize your value.

My goals and dreams matter.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I make an effort to stay connected to the people who matter to me.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I listen to understand, not just to respond.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I can be honest about how I feel.

PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I don't expect people to read my mind. I speak up about what's bothering me.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I ask questions instead of making assumptions.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I value friendships where both people make an effort.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I show my friends that I appreciate them.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I make time for the people who make time for me.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I respect other people's boundaries, just as I expect them to respect mine.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I can be a good friend without agreeing with everything.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I understand that trust takes time to build.

PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I can have different friendships with different people and still be myself.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

I can work through misunderstandings instead of letting them build up.

PROJECT GIRL CODE

BUILD MEANINGFUL RELATIONSHIPS

Learn from experience, handle change, and move forward with intention.

Healthy relationships make room for both people's feelings and opinions.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I choose kindness in the way I treat people.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I treat others with respect, even when I don't agree with them.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I think before I speak because my words can have an impact.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I don't spread gossip or say things behind someone's back that I wouldn't say to them.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I notice when someone is being left out and make an effort to include them.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I don't join in when someone is being picked on or treated unfairly.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I can speak up when something isn't right.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I don't have to be friends with everyone to treat them with respect.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I give compliments because I mean them, not because I expect something back.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I can be kind without letting people take advantage of me.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I don't use someone's differences as a reason to judge them.

PROJECT GIRL CODE

CHOOSE KINDNESS & RESPECT

Let your words and actions reflect the way you want to treat others.

I can be confident without being unkind.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can learn from my mistakes without letting them define me.

PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can pause before reacting instead of responding in the heat of the moment.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I don't have to get the last word to make my point.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can let go of things that aren't worth holding onto.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I understand that not every friendship will last forever.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can miss a friendship and still know it's time to move on.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can walk away from situations that aren't good for me.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I don't have to have everything figured out right now.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can change my mind as I learn and grow.

PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can have a difficult conversation without being disrespectful.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I stand by what I believe, even when it's not the popular choice.

PROJECT GIRL CODE

GROW WITH GRACE

Learn from experience, handle change, and move forward with intention.

I can move forward without holding a grudge or giving up my self-respect.

PROJECT GIRL CODE

SHORT DAILY AFFIRMATIONS

I am enough.

PROJECT GIRL CODE

SHORT DAILY AFFIRMATIONS

My voice matters.

PROJECT GIRL CODE

SHORT DAILY AFFIRMATIONS

I know my worth.

PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

SHORT DAILY AFFIRMATIONS **I belong.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I choose kindness.** PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

SHORT DAILY AFFIRMATIONS **I lead with respect.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I include.** PROJECT GIRL CODE
SHORT DAILY AFFIRMATIONS **I uplift.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I listen with intention.** PROJECT GIRL CODE
SHORT DAILY AFFIRMATIONS **I make room for others.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I value mutual effort.** PROJECT GIRL CODE

SHORT DAILY AFFIRMATIONS **I respect boundaries.** PROJECT GIRL CODE	SHORT DAILY AFFIRMATIONS **I celebrate others.** PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

SHORT DAILY AFFIRMATIONS **I can disagree respectfully.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I lead with kindness.** PROJECT GIRL CODE
SHORT DAILY AFFIRMATIONS **I make others feel welcome.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I don’t compare — I grow.** PROJECT GIRL CODE
SHORT DAILY AFFIRMATIONS **I speak with purpose.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I choose my response.** PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

SHORT DAILY AFFIRMATIONS **I grow through change.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I can move forward with grace.** PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.

SHORT DAILY AFFIRMATIONS **I treat others with consideration.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I am still becoming.** PROJECT GIRL CODE
SHORT DAILY AFFIRMATIONS **I can be kind and stand firm.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **My actions reflect my values.** PROJECT GIRL CODE
SHORT DAILY AFFIRMATIONS **I am confident and considerate.** PROJECT GIRL CODE	**SHORT DAILY AFFIRMATIONS** **I encourage others to grow.** PROJECT GIRL CODE

DAILY AFFIRMATION CARDS

Pause. Consider. Act with Grace.
