

# Gentle Affirmations for Peace, Strength, and Remembrance

- I am allowed to grieve in my own time and my own way.
- My memories are a gift, and I carry them with me.
- I don't have to be okay to be healing.
- I honor the life I've lived and the love I've given.
- I am still whole, even in moments of loss.
- Love doesn't end. It transforms.
- Today, I choose gentleness.

## Personal Reflections & Fill-in Affirmations

I am grateful for \_\_\_\_\_.

I forgive myself for \_\_\_\_\_.

I honor the memory of \_\_\_\_\_.

I am open to moments of \_\_\_\_\_.

I am learning to let go of \_\_\_\_\_.

I give myself permission to \_\_\_\_\_.

I am proud of \_\_\_\_\_.