



Grounded AF Affirmations

Welcome to the "Grounded AF" Affirmation Card Set—a collection of 12 no-nonsense, empowering affirmations designed to help you stay rooted, resilient, and unapologetically badass. These affirmations are crafted to remind you of your inner strength, the importance of self-love, and your ability to navigate life's chaos with grit and grace. Let these cards serve as your daily dose of realness, inspiration, and a little bit of sass to keep you grounded AF.

Disclaimer

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How to Use Your “Grounded AF” Affirmation Cards

These cards are here to remind you that you're a badass who can handle life's chaos, one fucking step at a time. Use them however you need to stay grounded, strong, and unapologetically YOU.

1. Daily Dose of Sass

- Shuffle the deck and pull a card each morning.
- Say the affirmation out loud like you mean it. Channel that inner badass energy all day.

2. Journal It Out

- Let a card inspire your journaling session.
- Write about how the affirmation fits your life—or how you'll channel its “fuck yes” vibe today.

3. Meditation with Attitude

- Pick a card and let its message guide your meditation.
- Repeat the affirmation in your head (or shout it in your mind) while you breathe deeply and chill the hell out.

4. In-Your-Face Inspiration

- Stick your favorite cards on your desk, fridge, or bathroom mirror.
- Let them remind you to stay grounded, resilient, and ready to tell the bullshit to step aside.

5. When Life's a Hot Mess

- Feeling stressed or overwhelmed? Grab a card, read it like the boss you are, and let it snap you back into focus.

Tips for Best Results

- Reflect on each affirmation—don't just read it, own it.
- Pair your cards with a self-care ritual: a cup of coffee, a nap, or some “leave me the fuck alone” time.
- Revisit the cards that hit the hardest—those are the ones that will keep you grounded AF.



