

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.





I am a badass, even on the days I feel like a hot mess.

shiftingthruchaos

9

S

The world can keep spinning its chaos. I'm staying grounded right here.

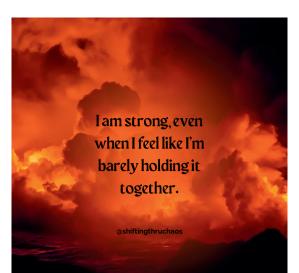
shiftingthruchao

I am allowed to feel all my shit without apologizing for it.

shiftingthruchaos

Breathe in the good shit. Exhale the bullshit.

@shiftingthruchao





l am not perfect, and guess what? I don't fucking have to be.

shiftingthruchaos

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Z

It's okay to hit pause and say, 'Fuck this, I need a minute.'

ashiftingthruchao

I am steady, I am strong, and I am not letting the bullshit knock me down.

shiftingthruchaos

I can find peace, even in the middle of all this chaos, because I fucking deserve it.

@shiftingthruchao