



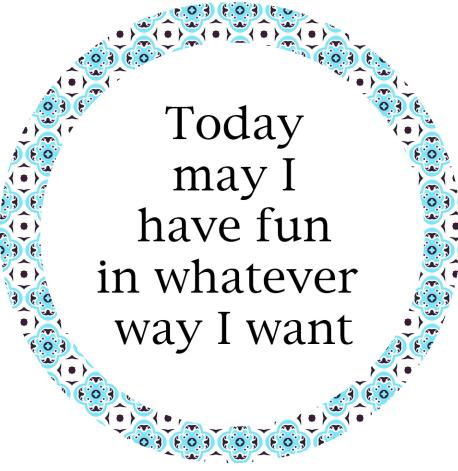
Today
may I
spread joy
in random
& beautiful
ways



Today
may I shine
my light
comfortably &
without fear



Today
may I
smile at
strangers



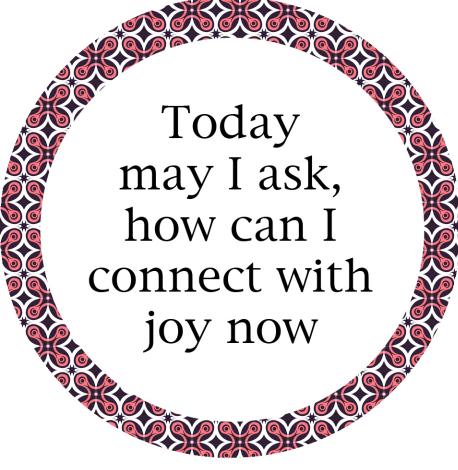
Today
may I
have fun
in whatever
way I want



Today
may I sit
& listen to
the sounds
of nature



Today
may I
connect
with my
center



Today
may I ask,
how can I
connect with
joy now



Today
may I
revel in
being
myself



Today
may I
choose to
see things
in a joyful
way

Kind Over Matter Affirmation Cards

Cut around each circle with scissors.

Affirmations by **Brandi Reynolds** from **Joy Rebel**
<http://brandireynolds.blogspot.com>

Design by **Amanda Oaks**

(Pattern by mae-b.deviantart.com)