



About these affirmation cards

We invited Queenslanders to share their favourite affirmations, quotes, and reminders that help them through the day. We received submissions from all across the state!

This card deck is a collection of quotes from Queenslanders. We hope you find hope, encouragement, and inspiration in their words.



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You  
CAN  
choose  
your path

ALH, Mount Isa



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I am  
enough

Colleen, Glenmorgan



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Be  
kind to  
yourself

Rochelle, Logan



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Surround  
yourself  
with people  
who light  
you up

Jenny, Redcliffe



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Look for  
the small  
things that  
bring joy

Lou, Nundah



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Every day  
I grow  
stronger  
and more  
resilient

Victoria, Auchenflower



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I'm  
grateful  
for what  
I have

Grant, Caravonica



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Tomorrow  
is a  
brand  
new day

PD, Varsity Lakes



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Be  
mindful,  
pause,  
connect

John, Hervey Bay



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You can  
do hard  
things

Sonia, Stanthorpe



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Grant  
yourself the  
grace that  
you give  
others

MG, Brisbane



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Wherever  
you find  
yourself,  
be positive

Denise, Townsville



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I am  
growing  
with every  
new thing  
I learn

AS, Cherbourg



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Believe  
you can  
and you're  
halfway  
there

Anon, Toowoomba



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Show  
honesty,  
generosity  
and  
kindness

Lesa, Ayr



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Keep  
breathing,  
this too  
shall pass

Michelle, Noosaville



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I love  
who  
I am

Mike, Cairns



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Better to  
express  
than  
suppress

Deb, Bargarra



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Open  
your circle,  
let others in

Viki, Bundaberg



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I am  
worthy  
of love

Michelle, Brisbane



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You  
will get  
through  
this

Kristine, Brisbane



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It's ok to  
take a break,  
let yourself  
rest

Rochelle, Logan Central



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If you  
can be  
anything,  
be kind

Alicia, Brisbane



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If it is  
to be,  
it is up  
to me

Anita, Diamond Valley



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Let  
yourself  
shine

Natasha, Mackay



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Focus on  
one day  
at a time

VB, Brisbane



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Your  
feelings  
are valid

Conor, Brisbane



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I am  
free to be  
myself

Michelle, Brisbane



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Don't let  
yesterday  
take too  
much  
of today

SB, Maroochydore



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Gratitude is  
contagious,  
help it  
spread

Michelle, Murrumba Downs



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Savour  
each  
moment

Anon, Labrador



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Everyone  
is different,  
it's what  
makes you  
special

Callum (aged 8), Brisbane



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The  
best things  
in life are  
not things

Larissa, North Lakes



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One  
step at  
a time

Sue, Stanthorpe



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Your  
diagnosis  
does not  
define you

Kelli, Rockhampton



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Don't  
look back,  
you're  
not going  
that way

Patrice, Stanwell



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Take  
time for  
yourself

Tenille, Brisbane



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You are  
special,  
worthy  
and loved

Julie, Hervey Bay



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I am  
wonderfully  
unique  
just the  
way I am

GE, Maryborough



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Embrace  
your  
emotions,  
allow them  
to pass

Anon, Brisbane



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Love  
yourself  
first

Tegan, Mareeba



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Remember  
what's most  
precious,  
no matter how  
small it seems

Ang, Charleville



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Reclaim  
your  
inner  
sparkle

Mary, Brisbane



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Love  
and be  
loved

Jennifer, Gold Coast



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