WEEK 2

Their choices are not a verdict on my worth.

RELEASING STATEMENT

Today I release the belief that their outcomes define me.

WEEK 3

I can love without losing myself.

RELEASING STATEMENT

Today I release the need to disappear in order to love.

52 WEEKLY CARDS

Real Mom Life

Affirmation Cards for Women Who Are Done Carrying What Was Never Theirs

One card per week. Read it. Speak it. Release.

RealMomLife.com

WEEK 1

I am not responsible for how they carry their story.

RELEASING STATEMENT

Today I release the weight of another person's narrative.

WEEK 6

My peace matters.
Not someday. Now.

RELEASING STATEMENT

Today I release the belief
that everyone else comes first.

WEEK 7

Grief is not proof
of failure. It is proof
that something mattered.

RELEASING STATEMENT

Today I release the shame
I have attached to my pain.

WEEK 4

Letting go is not
giving up. It is growing up.

RELEASING STATEMENT

Today I release my grip
on what I was never meant to control.

WEEK 5

I am allowed to rest
without resolving anything.

RELEASING STATEMENT

Today I release the pressure
to fix everything before I breathe.

WEEK 10

I can step back
and still be present.
Distance is not rejection.

RELEASING STATEMENT

Today I release the fear
that stepping back means
I do not care.

WEEK 11

I am not the author
of their story.
I am only my own.

RELEASING STATEMENT

Today I release the pen
I have been holding
over someone else's life.

WEEK 8

I am allowed to love
from a distance without
calling it abandonment.

RELEASING STATEMENT

Today I release the guilt
of loving with limits.

WEEK 9

Strong enough to carry it
does not mean obligated
to carry it forever.

RELEASING STATEMENT

Today I release what I have
been holding out of habit,
not love.

WEEK 14

Boundaries are not walls.
They are the doors
to my own well-being.

RELEASING STATEMENT

Today I release the apology
I have been carrying
for having limits.

WEEK 15

I am not responsible
for managing another adult's
emotions.

RELEASING STATEMENT

Today I release the anxiety
that arrives with someone
else's feelings.

WEEK 12

Forgiveness is not
pretending it didn't happen.
It is refusing to live imprisoned by it.

RELEASING STATEMENT

Today I release what I have
been carrying as punishment
for someone else's choices.

WEEK 13

The story is not over.
Not for them.
Not for me.

RELEASING STATEMENT

Today I release the belief
that this chapter is final.

WEEK 18

I do not need permission to take care of myself.

RELEASING STATEMENT

Today I release the guilt I feel for choosing myself.

WEEK 19

What I allow teaches people how to treat me. I am allowed to teach differently.

RELEASING STATEMENT

Today I release the patterns that have kept me smaller than I actually am.

WEEK 16

Saying no is not a character flaw. It is an act of integrity.

RELEASING STATEMENT

Today I release the fear that saying no will cost me love.

WEEK 17

I am allowed to want things. Desire is not selfishness. It is information.

RELEASING STATEMENT

Today I release the belief that my wants are less important than others'.

WEEK 22

I am not required to explain, justify, or defend every boundary I hold.

RELEASING STATEMENT

Today I release the exhausting half-conversations I keep having in my own mind.

WEEK 23

Being needed is not the same as being loved.

RELEASING STATEMENT

Today I release the confusion between the two.

WEEK 20

I can be kind and still hold a boundary. The two are not opposites.

RELEASING STATEMENT

Today I release the belief that firmness and love cannot coexist.

WEEK 21

My anxiety is not a reliable judge of what action is needed.

RELEASING STATEMENT

Today I release the urgency that tells me I must act right now.

WEEK 26

My worth is not determined by how much I give or how much I am needed.

RELEASING STATEMENT

Today I release the measuring stick I have been holding against myself.

WEEK 27

I am more than the roles I have played. There is a woman underneath.

RELEASING STATEMENT

Today I release the costume I have been wearing so long I forgot it wasn't my face.

WEEK 24

I deserve relationships built on mutual respect, not my willingness to absorb dysfunction.

RELEASING STATEMENT

Today I release my tolerance for what I have outgrown.

WEEK 25

I can love someone deeply and still protect my own peace.

RELEASING STATEMENT

Today I release the belief that love requires self-erasure.

WEEK 30

I am not too old.
I am not too late.
I am exactly ready enough.

RELEASING STATEMENT

Today I release the calendar
I have been using
to measure my worth.

WEEK 31

What makes me come alive
is information about
who I am meant to be.

RELEASING STATEMENT

Today I release the dismissal
of my own desires
as impractical or selfish.

WEEK 28

I am not starting over.
I am starting from experience.

RELEASING STATEMENT

Today I release the story
that it is too late
for me.

WEEK 29

The woman I am becoming
is worth the discomfort
of becoming her.

RELEASING STATEMENT

Today I release my preference
for the familiar
over the true.

WEEK 34

My second act is not a consolation prize. It is a beginning.

RELEASING STATEMENT

Today I release the diminishment I have accepted about this season of life.

WEEK 35

I have survived everything life has thrown at me so far. That is strength.

RELEASING STATEMENT

Today I release the story that what I've been through made me less.

WEEK 32

I am allowed to want a life that is genuinely mine.

RELEASING STATEMENT

Today I release the life I have been living out of obligation alone.

WEEK 33

The emptiness I feel is not a void. It is an invitation.

RELEASING STATEMENT

Today I release my fear of the space that opens when old roles are released.

WEEK 38

I am allowed to dream again.
Not the old dreams.
The new ones waiting.

RELEASING STATEMENT

Today I release the grief
for dreams that belong
to a chapter that has closed.

WEEK 39

The woman underneath
the roles has been waiting.
Patient. Faithful. Ready.

RELEASING STATEMENT

Today I release my hesitation
to go looking for her.

WEEK 36

I am not who I was.
I am growing.
I am being shaped by grace.

RELEASING STATEMENT

Today I release my attachment
to who I used to be
as the only version of me.

WEEK 37

Purpose did not expire
when my children grew up.
It is evolving.

RELEASING STATEMENT

Today I release the belief
that my most meaningful
chapter is behind me.

WEEK 42

There is only one Savior.
It is not me.
And that is the most freeing truth I know.

RELEASING STATEMENT

Today I release the weight
of believing the world
depends on my holding it together.

WEEK 43

I can trust that God
is present in the gaps
my stepping back creates.

RELEASING STATEMENT

Today I release my need
to fill every space
with my own effort.

WEEK 40

I am forgiven.
I am loved.
I am not who I was.

RELEASING STATEMENT

Today I release the punishment
I have been administering
to my own soul.

WEEK 41

God is not asking
for my perfection.
He is asking for my presence.

RELEASING STATEMENT

Today I release the pressure
to earn what has already
been freely given.

WEEK 46

Joy is not a betrayal of grief. It is nourishment for the journey through it.

RELEASING STATEMENT

Today I release the belief that I must finish grieving before I am allowed to feel joy.

WEEK 47

I showed up. I loved. I did not fail.

RELEASING STATEMENT

Today I release the verdict I have been delivering against myself.

WEEK 44

Surrender is not passive. It is the most active trust I can offer.

RELEASING STATEMENT

Today I release my grip on outcomes I was never meant to control alone.

WEEK 45

My prayers do not have to be instructions. They can be conversation.

RELEASING STATEMENT

Today I release the agenda I have been bringing to every prayer.

WEEK 50

I am allowed a life
that breathes.
Fully, freely, without apology.

RELEASING STATEMENT

Today I release the smallness
I have accepted
as my portion.

WEEK 51

The best chapters
are sometimes the ones
written after everything falls apart.

RELEASING STATEMENT

Today I release my fear
that what broke me
has also finished me.

WEEK 48

Pain is sacred ground.
Grief is not weakness.
Both are proof of deep love.

RELEASING STATEMENT

Today I release the shame
I have attached to
how much this has hurt.

WEEK 49

Healing is not linear.
And I do not have to
perform it for anyone.

RELEASING STATEMENT

Today I release the expectation
that I should be
further along by now.

WEEK 52

I am not broken.
I am not behind.
I am becoming.

RELEASING STATEMENT

Today I release every story
that says otherwise
and choose this truth instead.