

24 HEALING AFFIRMATIONS



*Hope After*  
**HEARTBREAK**

FOR THE HEART THAT'S STARTING  
OVER AND READY TO FIND PEACE  
IN THE NEXT CHAPTER.

COURTNEYGIARDINA.COM



## *A Love Letter to Your Next Chapter*

If you're reading this, you've already done something  
incredibly brave:

*You let go of someone who couldn't see your worth.*

That ending may have left you feeling shattered,  
exhausted, and unsure of what comes next.

But even in the quiet ache of heartbreak, something  
sacred begins—the rebuilding of your belief in true  
love, and more importantly, in yourself.

# This PDF is here to remind you that:

- You are not too much or too little.
- You are not broken because one relationship didn't work out.
- You are still worthy of the kind of love you keep giving to others.





Healing is not about forgetting. It's not about rushing to move on. Healing is about learning to remember your value. To remember your own self-worth and rebuild trust with yourself.

To believe, little by little, that what's ahead can be more beautiful & more aligned than what you left behind.

Every day, speak truth and light over your heart. These 24 affirmations are your daily reminder that your story did not end—it's just being rewritten.

*Courtney*

# HEALING AFFIRMATIONS

Healing after heartbreak starts with believing in your own self-worth. Feel free to print and cut out these daily affirmations and read one each day. The best part is, you can repeat once you've gotten through them all.

I am worthy of a love that chooses me fully, every day.

My past does not define my future.

I am letting go of relationships that make me feel small.

I trust that letting go was the right thing to do.



# HEALING AFFIRMATIONS

I honor my healing by giving myself patience and grace.

I am not hard to love—I just haven't been loved the right way yet.

I attract relationships that support & encourage my dreams

My self-worth is not determined by someone else's inability to see it.



# HEALING AFFIRMATIONS

I am open to love  
that is safe &  
kind.

It is okay to  
grieve what could  
have been while  
trusting what will  
be.

I am allowed to  
start over at any  
time.

I forgive myself  
for the times I  
accepted less  
than I deserved.



# HEALING AFFIRMATIONS

My heart is  
healing more  
each day.

I will not settle for  
love that costs me  
my peace.

I deserve to feel  
chosen.

I am learning to  
love myself  
deeper than I  
ever have.



# HEALING AFFIRMATIONS

I believe in  
second chances  
and happy  
endings.

My strength is not  
in how much I  
endure, but in  
how I rise.

I walk away from  
anything that  
makes me doubt  
my worth.

I create space for  
a partner who  
values me  
completely.



# HEALING AFFIRMATIONS

I am rebuilding a relationship with myself—and it is the most important one.

It is never too late for love.

I will not carry the weight of someone else's inability to grow.

The love I'm seeking is seeking me, too.



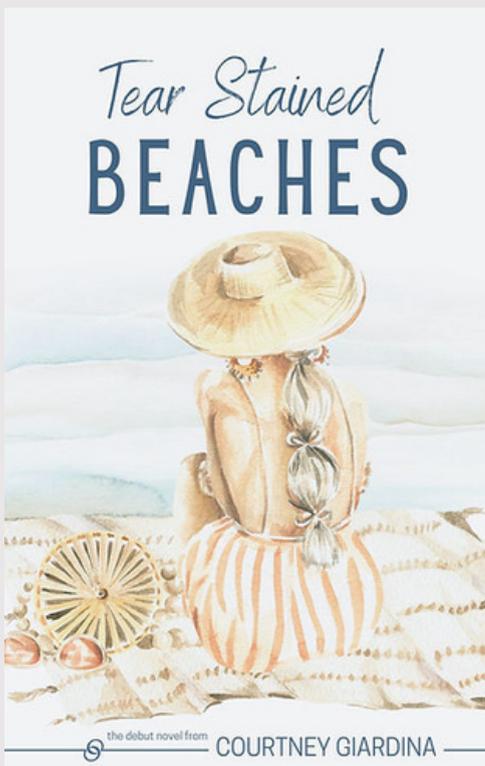


Affirmations are a great way to anchor yourself when everything around you feels uncertain. They help to shift your mindset and rebuild trust within yourself. Though this chapter may seem hard right now. One day, you'll look back and see that this was not an ending, but the bravest kind of beginning.

# Need a healing fiction read?

A story of a woman forced to make a life altering decision. Through heartache and triumph, *Tear Stained Beaches* reminds us that the path to healing begins by embracing our own self-worth.

Amazon Top 40 Read in  
Women's Divorce Fiction



It was love at first sight when Haylie first met Chase and they were married in the most Sweet Home Alabama way there is. They left their small town for big city dreams and a house with a white picket fence, but it looks like their happy ever after is taking a turn for the worst.

Where is the fun-loving, light-hearted husband who helped her pick out paint colors for their new home? He's now an overworked attorney, obsessed with climbing the corporate ladder and soon Haylie's waking up next to someone she barely recognizes. Secretive phone calls and late nights at the office leave her with endless questions about where she stands. In the midst of digging for answers, Haylie discovers a heartbreaking truth. One that will take her to the beaches of Kettlewood Island and on a journey to falling back in love with the one person who matters most- herself.

AVAILABLE ON AMAZON