

Calm in Motion – Affirmation Companion Set

Welcome to the Calm in Motion Affirmation Cards – a gentle support tool inspired by nature and the beautiful poetry by William Hartwick (The Invisible Backpack, A Life of Courage) to help you navigate life with Tourette's.

These cards are designed to:

- Encourage self-acceptance
- Celebrate natural movement
- Bring calm through nature metaphors

Use them daily or whenever you need grounding. Pair them with your reflection cards or keep them close as a quiet source of strength.

Breathe with the Trees

Theme: Grounding with movement

Affirmations:

- I sway with the wind and stay rooted like the trees.
- My breath and body move in harmony.
- I allow my tics to flow like rustling leaves.
- I am safe to move, safe to be.
- Stillness lives inside me even when I move.

Daily Practice:

Stand or sit near a tree. As it sways, match its rhythm with your breath or movement. Repeat an affirmation softly.

Light Finds Me

Theme: Acceptance and visibility

Affirmations:

- I am not hidden—I am here, and I shine.
- Like sunlight, I reach through shadows.
- My presence is enough.
- I deserve to be seen, exactly as I am.
- I carry light, even on heavy days.

Daily Practice:

Sit by a window or step into the sun. Let the warmth touch your face. Whisper an affirmation as you soak it in.

The River is Me



Theme: Flow, emotion, and strength

Affirmations:

- I flow like the river—strong, moving, free.
- My feelings are allowed to move through me.
- I am not stuck; I am in motion.
- There is beauty in the way I move.
- My path is mine, winding and wise.

Daily Practice:

Trace your hand slowly like a river's curve.

With each finger, say an affirmation and let it ripple into your day.

Growing Wild

Theme: Self-worth and becoming

Affirmations:



I grow in ways the world
may not expect.



I am not behind—I'm
becoming.



My pace is natural, my
growth is real.



I am worthy just as I am.



Wildflowers bloom without needing
permission.

Daily Practice:

Draw or imagine a wild garden. See yourself in it—growing freely. Say one affirmation aloud in that space.

Safe Sanctuary

Theme: Inner calm and safety

Affirmations:

- I carry a quiet sanctuary inside me.
- My mind can rest here, even in noise.
- I am allowed to retreat and restore.
- I am enough, even in overwhelm.
- This moment is a safe place.

Daily Practice:

Create a quiet corner or space. Light a candle, hold a stone, or close your eyes. Choose an affirmation to repeat gently.



How to Use These Affirmations

There's no one way to use these—just your way. Here are a few ideas:

Morning Focus

Choose one card and say the affirmations aloud.

On-the-Go

Write one on your hand or keep in your pocket.

Evening Reflection

Whisper one affirmation before bed.

With Reflection Cards

Pair each with its matching prompt.

Weekly Rotation

Focus on one card per week.

Group Use

Read aloud in support circles or therapy spaces.

You Are the Calm in Motion

Living with Tourette's is not a flaw—it's a rhythm, a truth, a different kind of strength.

Let these affirmations remind you that:



Movement can be graceful.



You are allowed to feel safe.



You are whole, just as you are.

You are not alone.

You are the calm in motion.