



Words to Carry: A Week of Empowering Affirmations

From The Invisible Backpack

Helping You Carry What Can't Be Seen

By William Hartwick

The Power of Words We Carry

The words we say to ourselves shape how we see the world, and how we move through it.

Affirmations are simple, but they can be powerful reminders of hope, strength, and possibility. They help quiet the noise, calm the mind, and bring us back to what's true.

Let these words be gentle companions.

Read them slowly.

Carry them with you through the week.

These affirmations are drawn from the heart of William's journey.

Let them support you when the load feels heavy.

Breathe. Pause. Read. Carry these words with you.



Monday's Affirmation

"You are not alone."

Others walk beside you.

Your struggles are shared.

Strength comes from
connection.

When to remember:

During moments of isolation.

When challenges feel
overwhelming.

Before asking for help.

Practice by:

Reaching out to one person today.

Noticing those who support you.

Acknowledging shared human experiences.



Tuesday's Affirmation



Start Small

Any movement forward counts.



Stay Steady

Consistency beats perfection.



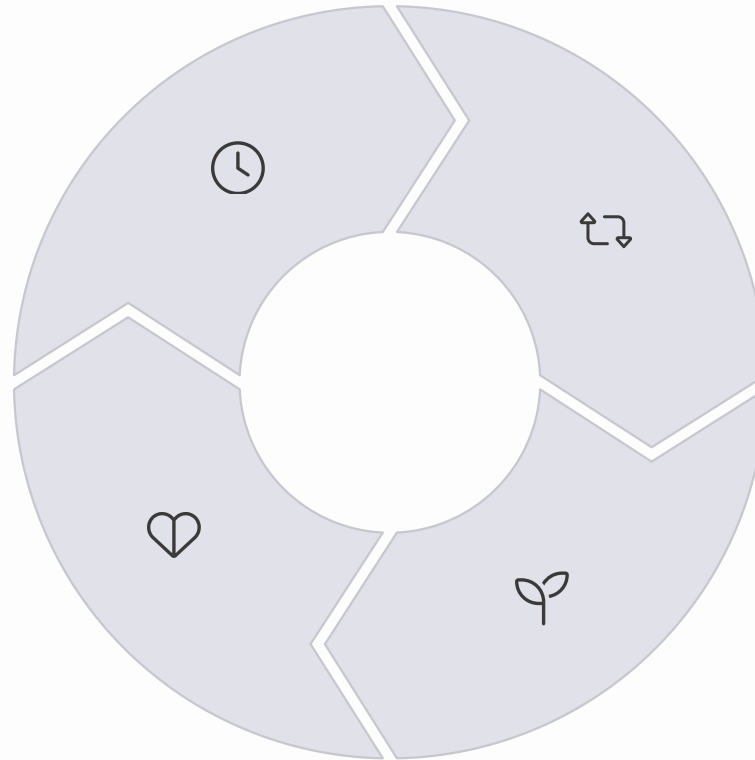
Keep Going

"Whatever you do, just don't stop."

Wednesday's Affirmation

Recognize
Every moment is a new beginning.

Rebuild
Each choice shapes a different path.



Reset
"It is never too late to turn it all around."

Renew
Small changes create new possibilities.

Thursday through Sunday



Thursday

"Open your heart and look what you've found."



Friday

"You'll get what you want, just don't quit."



Saturday

"With each breath, comes a sense of readiness."



Sunday

"Smile and enjoy—because you are where you belong."





Create Your Own Affirmations

Reflect

What do you need to hear most right now?

Write

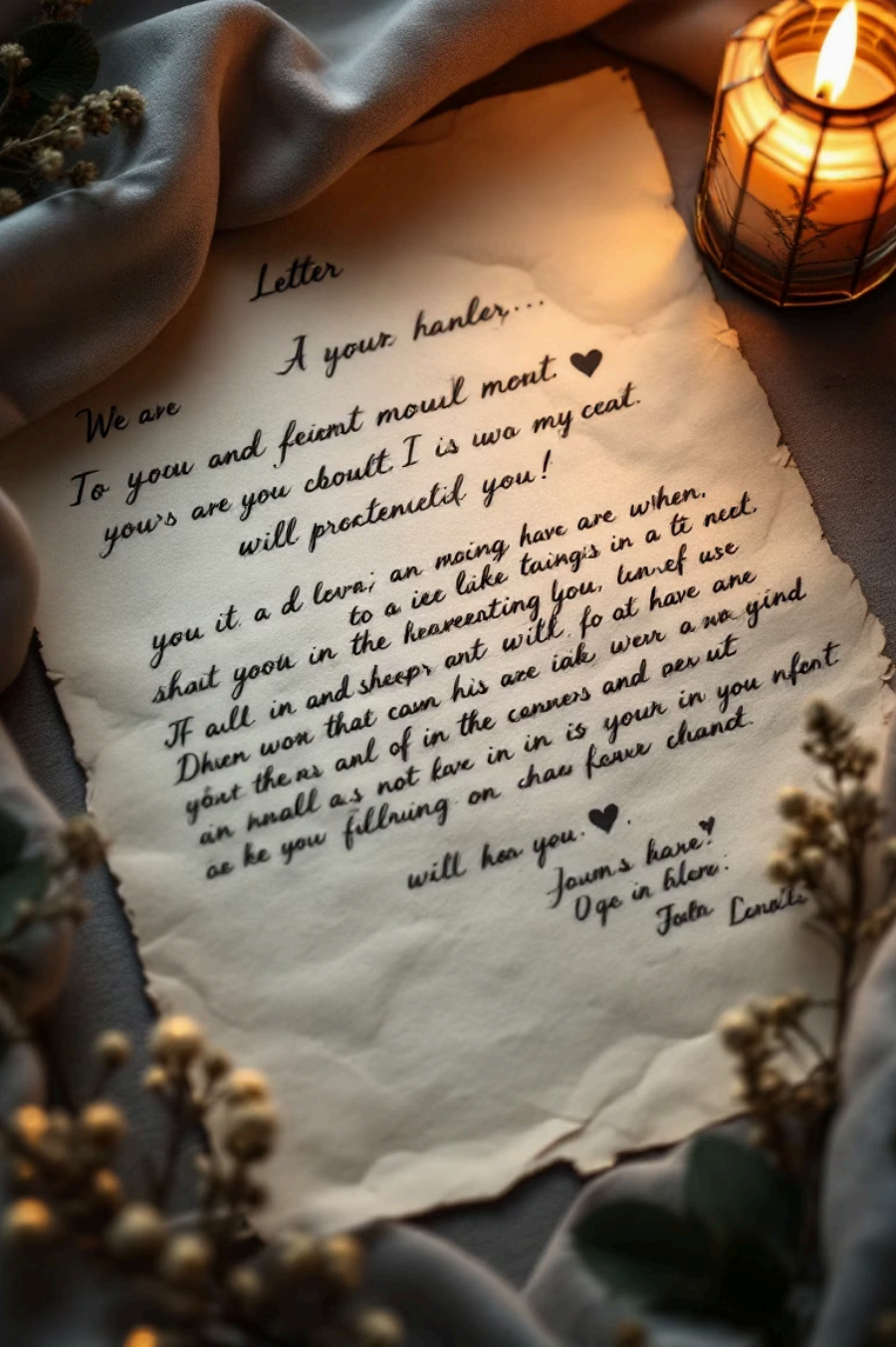
"I am..." _____

"I believe..." _____

Practice

Say your affirmation each morning.

Return to it when challenges arise.



Letter

A your hanter...

We are

To you and feimt mouil mont. ♥
you's are you aboutt. I is wa my ceat.
will protemetid you!

you it, a d lewa; an moing, have are when.
shait you in the heaveenting you, leref use
to a ice like taingis in a te neet.
If all in and sheeps ant will, fo at have are
Dhien won that cam his are iak, weer a no yind
yont the as and of in the conners and oer ut
an snall as not kare in in is your in you nfent.
as he you fillring on chas fever chand.

will hear you. ♥.

Jaum's hare ♥
Oge in blere.

John Lenoile

William's Message to You

This collection is for anyone who's ever felt the weight of the invisible. These are the words I've spoken to myself in moments of doubt and hope. They've helped me believe again. You are never alone in this journey. With heart, William

Thank you for taking this time.

Come back to these words whenever you need.

You are seen. You are strong. You are enough.