



**Softly,
I Become**

A Gentle Affirmation Collection

Hi Lilies!

**This collection was created from a place of quiet
becoming.**

**These are more than affirmations—
they are gentle reminders for the days when your heart
feels heavy,
when growth feels slow,
or when you need to return to peace.**

**Each card is an invitation to soften,
to trust God's timing,
and to rest in the truth that you are already held and
deeply loved.**

**Wherever you are in your journey,
I hope these words meet you gently
and remind you—
you are not behind,
you are becoming.**

**With love,
How the Lilies Grow**



**I am allowed
to grow gently**

**I do not need to rush what
God is gently unfolding**

Bloom & Belong



Becoming takes time

**I trust the process, even when I
don't understand it.**

Bloom & Belong



I'm not behind.

**My life is unfolding in divine
timing**

Bloom & Belong



**It is safe for me to
heal.**

**I release the need to stay
where I was hurt**

Bloom & Belong



**I can be soft and
still be strong**

**Gentleness is not weakness-it is
wisdom.**

Bloom & Belong



**I give myself
permission to rest.**

Rest is part of my restoration.

Bloom & Belong



**I am deeply known
and still fully loved**

**Nothing about me
is hidden from God.**

Bloom & Belong



**I am deeply known
and still fully loved**

**Nothing about me
Is hidden from God.**

Bloom & Belong



**I am becoming who I
was created to be.**

Not perfect—just aligned.

Bloom & Belong



**God is working, even
when I cannot see it.**

I choose trust over fear.

Bloom & Belong



**I am held in every
season.**

I am never walking alone.

Bloom & Belong



**What is for me
will not miss me.**

God's plan is steady and sure.

Bloom & Belong



**I release what I cannot
control.**

**Peace lives where surrender
begins.**

Bloom & Belong



**I do not have to carry
everything today.**

I am allowed to lay it down.

Bloom & Belong



**I choose peace, again
and again.**

Even in the middle of becoming.

Bloom & Belong



Bloom Gently

**A space to reflect and
grow**

Bloom Gently

*A 7-Day Reflection Journal for
Quiet Growth*

Hi Lilies!

Where petals unfold, hearts flourish.

Welcome, Lily

Hi Lilies!

Welcome to *Bloom Gently*:

A 7-Day Reflection Journal—a soft space created just for you.

This journal is your invitation to slow down, breathe deeply, and reconnect with yourself. Each day offers a moment to reflect, release, and nurture the parts of you that are still growing.

There is no pressure here.
No need to rush.
No perfect way to do this.

Just come as you are.

Take these pages one day at a time, and allow yourself to unfold gently... just like a lily in bloom.

With love,
Sharon

SoSharonSays

Where petals unfold, hearts flourish

Day 1:

Begin Where You Are

Reflection:

Every journey starts with a single, honest moment. You don't need to have everything figured out—you just need to begin. Today is about meeting yourself exactly where you are, without judgment.

Prompts:

- How am I feeling right now, truly?
- What has been weighing on my heart lately?
- What do I need most in this season of my life?

Affirmation:

I honor where I am and trust myself to begin.

Day 2:

Release & Let Go

Reflection:

Not everything is meant to be carried forward. Some things were only meant to teach you, not stay with you. Today is your invitation to gently loosen your grip.

Prompts:

- What am I holding onto that is weighing me down?
- Why have I been afraid to release it?
- What would I feel if I finally let it go?

Affirmation:

I release what no longer serves me with gentleness and grace.

Day 3:

Nurture Your Inner Voice

Reflection:

There is a quiet voice within you that speaks truth and love. It doesn't rush or shout—it gently reminds you who you are.

Prompts:

- What has my inner voice been trying to tell me lately?
- When do I feel most connected to myself?
- How can I listen to myself more intentionally?

Affirmation:

I trust the wisdom that lives within me.

Day 4:

Rest & Restore

Reflection:

Rest is not weakness—it is renewal. Even flowers close at night to gather strength for tomorrow's bloom.

Prompts:

- Where in my life do I need rest the most?
- What does true rest look like for me?
- What is one way I can give myself permission to pause today?

Affirmation:

I honor my need for rest and restoration.

Day 5:

Grow Through Gratitude

Reflection:

Gratitude shifts your focus from what's missing to what's already blooming. Even the smallest blessings can soften your heart.

Prompts:

- What are three things I'm grateful for today?
- What is something small that brought me joy recently?
- How does gratitude change how I feel?

Affirmation:

I choose to see and celebrate the beauty in my life.

Day 6:

Trust Your Timing

Reflection:

You are not behind. You are not late. Growth unfolds in its own time, and your journey is uniquely yours.

Prompts:

- Where have I been rushing my growth?
- What would it look like to trust my timing?
- What am I learning in this season?

Affirmation:

I trust that everything is unfolding as it should.

Day 7:

Bloom Boldly

Reflection:

After all the quiet growth, there comes a moment to stand in your fullness. You are allowed to take up space and shine.

Prompts:

- What does “blooming boldly” mean to me?
- Where in my life am I ready to show up more fully?
- What is one brave step I can take next?

Affirmation:

I embrace my growth and step forward with confidence.

A Note to You, Lily

Hi Lilies!

If you've made it here, take a moment to pause... and breathe.

In just seven days, you've created space to reflect, to release, to rest, and to grow. And even if it felt small, even if it felt quiet—something within you has shifted.

Growth doesn't always look like big, visible change.

Sometimes, it looks like softness.

Sometimes, it looks like choosing yourself in ways you didn't before.

Be proud of that.

Carry this gentleness with you beyond these pages. Return to it when you need to. Let it remind you that you are always allowed to begin again.

This is only the beginning of your blooming

With love,

Sharon

SoSharonSays

Where petals unfold, hearts flourish

*May you bloom gently,
in your own time.*

**Thank you for spending this moment
with yourself.**

How the Lilies Grow

Where petals unfold, hearts flourish

Created with love