

# Cut & Paste Truth Card Kit



by melody ross

# ♥ What is a Truth Card™?

Truth cards are little cards that you can make for yourself as reminders of what is true about you and your soul, the things that can never be taken from you, because sometimes it is really hard to remember. Truth Cards are made by cutting and pasting words and images to a piece of rigid paper or cardstock, or an old playing card, or a rectangle cut out of a cereal box. They can be made out of just about anything. You can add other things like paper and fabric if you want to. The most important part of a truth card is the words, though.

When I created Truth Cards, I realized how important it was that they begin by addressing who you are. Because I don't know your name yet, friend, I have included a page of salutations to your soul to use on your Truth Cards. You are welcome to type out a sheet of paper with your own name on it to use, and I hope you do!

Here are some samples of what Truth Cards look like:



## Why Truth Cards?

I created Truth Cards many years ago as a beautiful tool for my own soul work, to combat the lies we are fed every day about what is most important, who we are, who we can become, what we can accomplish, our value, our potential, our worth, what makes our lives meaningful, how & where we can find true happiness and how we can see ourselves and others.

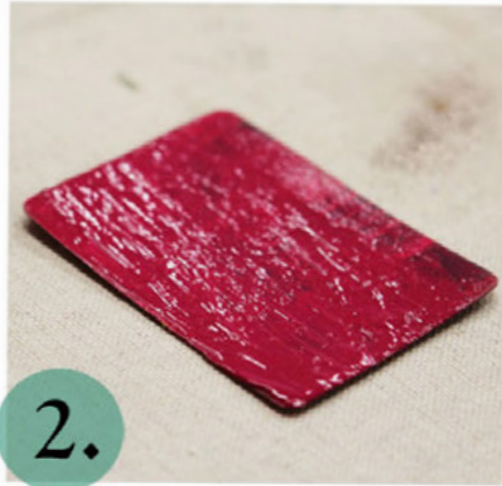
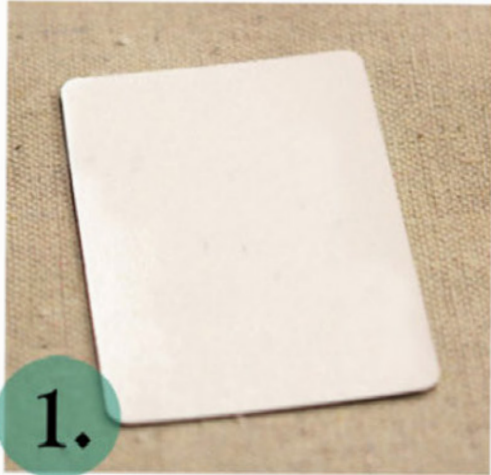
Truth Cards came into being when I was going through a time of severe brokenness, confusion and loss of self. I needed to know the truth about myself and went on a very long quest to find it. One this soul search, I learned not only what was and is true about me, but what is true about all of us. As I was searching for what is true, I was inspired by my Truthteller (see The Red Carpet Rules to learn what Truthteller means) to write pages and pages of truths that were spoken to my heart. I started making Truth Cards as a way to remind myself of these truths.

Truth Cards have been so transformative in my own journey that I have shared them with others in just about all of my courses. Truth Cards have now been a catalyst of healing and change in countless lives and hearts all over the world.



# How to Make a Truth Card

1. Find a card or cut a card-sized piece of cardstock weight paper to work with. You can use playing cards, flashcards, even old gift cards!
2. If you want to, decorate or cover the background of the card with pretty paper, fabric, paint, wallpaper or anything lovely you can think of!
3. Read through the pages of truths provided in this kit. As you look through them, imagine they are coming from someone who knows all of you - your strengths, your weakness, your intentions, your secrets, your hurts, your struggles, your mistakes, your dreams, your victories. Imagine this person loves you no matter what and sees the very best of who you are and knows your potential.
4. As you are reading through the truths, cut out the ones that really speak to you. Sometimes they speak to you because they are the exact messages that you need to hear and sometimes they are messages that you wish you could believe about yourself. Whatever speaks to you, cut it out and set it aside.
6. When you are done cutting out the truths, you can assemble them into groups and even put some of the truths together into one message.
7. Once you have decided on the messages you want to use to make your Truth Cards, look through the salutation sheets starting with "Dear \_\_\_\_\_" and find the salutation that you would like to go with each message. You could also type out salutations with your own name and use those.
8. Look through the collage sheets to see if there is any art you would like to add to your Truth Card. You could also use photocopies of pictures of yourself and others, magazine clippings or any images that mean something to you. Cut out what you would like to use and place it with the cut-out truths that you would like to put with it.
9. Use a glue stick or some kind of paper collage medium, like Mod Podge and adhere your salutation, your truth message and artwork to the card.
10. You are done! Be sure to use these Truth Cards as a tool to speak to the deepest parts of yourself when you are feeling doubts or just needing a boost. And keep making them! You can never have too many Truth Cards!



Dear beautiful soul,  
Dear amazing soul,  
Dear kind soul,  
Dear courageous soul,  
Dear valuable soul,  
Dear cherished soul,  
Dear healing soul,  
Dear capable soul,  
Dear fabulous soul,  
Dear brave soul,  
Dear phenomenal soul,  
Dear inspiring soul,  
Dear wonderful soul,  
Dear not forgotten soul,  
Dear remembered soul,  
Dear important soul,  
Dear never alone soul,  
Dear loved soul,

Dear powerful soul,  
Dear determined soul,  
Dear good soul,  
Dear creative soul,  
Dear unique soul,  
Dear quiet soul,  
Dear wondering soul,  
Dear pondering soul,  
Dear seeking soul,  
Dear searching soul,  
Dear heroic soul,  
Dear beloved soul,  
Dear honest soul,  
Dear weary soul,  
Dear tired soul,  
Dear hurting soul,  
Dear resilient soul,  
Dear precious soul,



Your life is meant to be something  
more beautiful than you could dream.

You are brave enough.

You are strong enough.

Healing is worth the work it takes.

Keep going - no matter what.

Let pure love in - all the way in.

It is okay to cry if you need to cry.

Every experience has made you into  
the phenomenal human being that  
you are today.

It is okay to be afraid...  
just do not let it paralyze you.

You are doing a great job -  
keep it up.

You do not need to put so much  
pressure on yourself.

Sometimes the healing seems to go  
backward in the middle of going  
forward - be patient with yourself.

You do not need to punish yourself-  
please stop punishing yourself.

Everything will be good again-  
it really will.

You will laugh again.

It is good to laugh.

You will be whole again

It is good to be whole.

You will be happy again.

It is good to be happy.

You are so good inside

Let your best be good enough  
because it is absolutely enough.

It is important to surround yourself  
with souls who love you  
and believe in you.

Let the healing happen.

Be willing to stop and rest.

You will get through this.

Look for the miracles-  
they are everywhere.

So many people love you.

Let yourself have hope.

You are so much braver  
than you think you are.

You are not alone on this journey.

You will heal-  
you are healing right now.

Everything is going  
to work out for your good.

it's okay to slow down and rest  
you need to recharge your batteries.

Everyone has life seasons  
there are good times and hard times -  
there are confusing times - nothing  
stays the same - be patient and try  
to learn as much as you can from  
each one - the seasons will change  
again as soon as it is time.

It is never too late -  
there is time for you  
to be happy and whole.

Bad days will still come along -  
you will make it through them  
no matter what happens.

You are learning things that  
will help you for the rest  
of your journey.

Trust this love.

Let the love in.

Please believe in yourself.

You were born to be free.

Let yourself be free.

Set your heart free.

You are so valuable.

You are so important.

You can do this.

You are amazing.

You are beautiful.

You are so brave.

You are not alone.

Remember what you know.

You matter.

This matters.

Of course you can.

Have no fear.

There is no one else like you.

You can begin again-  
you can be whole and new.

No one can understand the depth  
of your pain - and someday you  
will be able to help another who  
has the same kind of pain that you  
are experiencing now.

Life is hard sometimes.  
Let others love you.

You can do this.

Light up the world.

Good days are ahead.

Keep shining your light.

Try to love this day.

Having gratitude is  
a great road to happiness.

Trust yourself.

Be yourself.

Look within.

Let nothing take  
your peace from you.

Protect your peace.

You are getting stronger  
every day.

You are important.

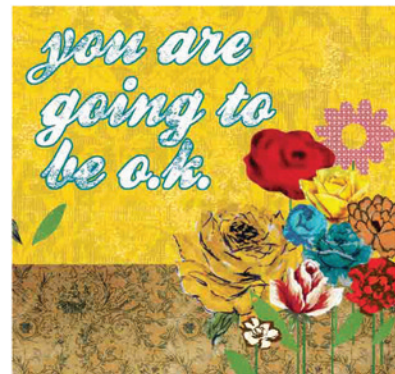
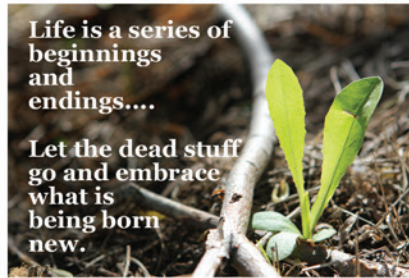
You are just right  
exactly as you are.

You get to be happy now.

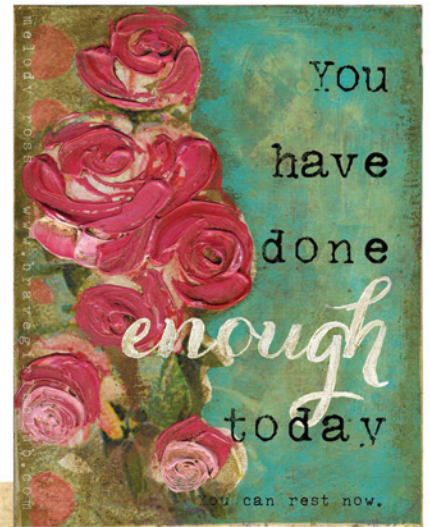
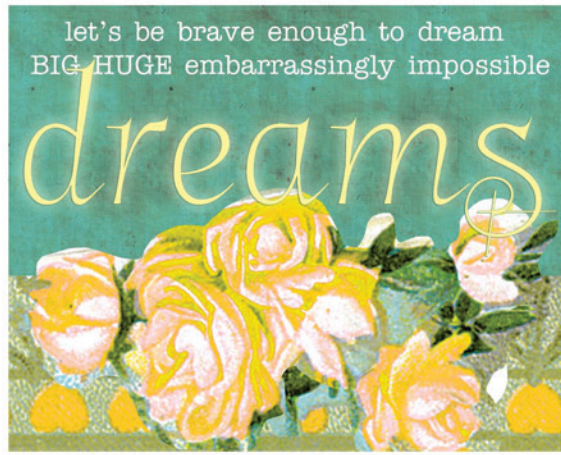
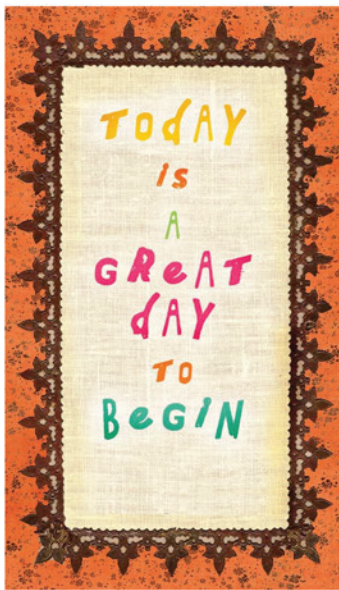
You can trust.  
It is going to be okay.  
Be gentle with yourself.  
It's okay to cry, it's okay to hurt.  
It's okay to be human.  
You are deeply loved.  
You are so much stronger  
than you think you are.  
Time will heal that big hurt  
that you are afraid will  
be there forever.  
Be brave enough to believe  
the love that is meant for you.  
Be brave enough to accept  
the true kindness of others.  
You are going to get  
to the other side of this.  
You are going to be okay.  
Things will make sense someday.  
You have the strength to do this.  
You are not powerless.  
You are never ever powerless.  
Let yourself walk away  
when it's time to walk away.  
Find the courage to stay  
when you know it's right to stay.  
Stay the course - your course.  
You can start right now.  
Look closer.

Let yourself tell the truth.  
Do not listen to the voices  
that condemn and criticize.  
Listen closer.  
You have the ability to create  
the things you seek  
but cannot find.  
Go where the peace is.  
Stay where the peace is.  
Let yourself be happy.  
Dance to your own music.  
Sing your own songs.  
Let them take care  
of themselves.  
Think it through.  
You are smart.  
You have important things  
to accomplish in your life.  
Let it go today.  
Stay in your own precious life.  
Be kind to your dreams.  
You do care. But it is not  
your job to fix it.  
One step at a time.  
And then another.  
Look yourself in the eye  
and say something kind.  
It's just a hurdle...step over it.









walk away, run away,  
dance away,  
fly away...





