

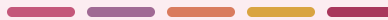
Pretty Sisters

PRINT · CUT · CARRY

Five Beliefs Pocket Cards

*One card for each belief — an affirmation, a question, and one tiny
action small enough to do today.*

Print on cardstock, cut along the guides, and keep one in your bag, your
car, your mirror, your daughter's lunchbox. Give the sixth card away.



BEFORE YOU CUT

How to use your pocket cards

Six cards. One job each. You are not supposed to work all six at once.

PRINTING

- Print at 100% (do not “fit to page”)
- Cardstock, 65–110 lb, matte finish
- Single sided — the back is yours to write on
- Cut on the outer edge of each border

WHERE WOMEN KEEP THEM

- Taped inside a bathroom cabinet
- In the car, in the visor
- Tucked in a daughter’s lunchbox
- On a desk, face out, for a hard week
- In a book, as a bookmark

A simple five-week rhythm

WEEK	CARD	WHAT YOU ARE PRACTICING
Week 1	BELIEF 1 You are pretty	Saying the kind thing out loud
Week 2	BELIEF 2 You are not alone	Getting close instead of comparing
Week 3	BELIEF 3 You can do it	Keeping one small promise a day
Week 4	BELIEF 4 You are meant for joy	Naming joy before you sleep
Week 5	BELIEF 5 Love is the answer	Choosing the loving next step

THE SIXTH CARD

The Pretty Sister card is not for you. Write a woman’s name on the back and give it to her. That is the whole assignment, and it is the oldest thing we do.

Gentle note: Think Pretty resources offer encouragement and reflection, not therapy, medical advice, or crisis care. If you are in crisis or immediate danger, contact your local emergency number or a licensed professional. In the U.S., call or text 988.

CUT SHEET 1 — BELIEFS 1 TO 4

BELIEF 1

You are pretty

Kindness is your true beauty.

"I am kind, and kind is the prettiest thing in this room."

REFLECT

Whose voice is in my head when I look in the mirror — and did I ever agree to let it stay?

ONE TINY ACTION

Say one kind thing out loud today that you would normally only think.

The word was never about a face. It is about what people feel when they have been near you.

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BELIEF 2

You are not alone

Sisterhood is the antidote to comparison.

"There is a table with my name on it, and I am allowed to sit down."

REFLECT

Who have I been admiring from a distance instead of getting close to?

ONE TINY ACTION

Text one woman the specific thing you admire about her. Specific beats sweet.

You cannot envy a woman you are actually rooting for. Get close enough to root.

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BELIEF 3

You can do it

Confidence is a decision you practice.

"I keep my promises to myself, starting with a small one."

REFLECT

What is one promise I made to myself and quietly let go of?

ONE TINY ACTION

Keep one tiny promise to yourself before dinner. Tiny still counts.

Confidence is not a personality. It is the residue of kept promises.

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BELIEF 4

You are meant for joy

Joy is a lifestyle, not a reward.

"Joy is not waiting at the finish line. It is already here, and I am looking for it."

REFLECT

What small joy happened today that I almost walked right past?

ONE TINY ACTION

Write down three joyful things before you go to sleep. Small ones count double.

Joy is available in the middle of the hard thing. It is just easy to miss unless you name it.

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Cut along the outside of each border.

CUT SHEET 2 — BELIEF 5 AND THE PRETTY SISTER CARD

BELIEF 5

Love is the answer

Lead with love and the rest falls in line.

"When I do not know what to do, I will do the loving thing."

REFLECT

Where am I waiting for someone to deserve my kindness before I give it?

ONE TINY ACTION

Choose the loving next step in one situation you have been avoiding.

It is rarely the most impressive option. It is almost always the right one.

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BONUS

The Pretty Sister card

This one is not for you.

"You are the pretty sister. Somebody is rooting for you. It is me."

REFLECT

Who in my life needs to hear this today more than I do?

ONE TINY ACTION

Give this card away. Write her name on the back and hand it to her.

This is how the whole thing started — one woman handing the word to another.

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