



tales of everyday joy

Resilience Deck

why these cards?

“To reclaim your
emotional strength and
joy, one reflection at a
time.





Gentle guidance towards
and joy.

Rooted in everyday
metaphors. Reminding you
of the miracle of life.



pink swing magic

"What part of you was
once discarded, and now
wants to swing free?"





Discarded old doors
became a swing of joy.

Its worth never changed,
only the setting. Your
value waits to be seen..



***I AM RECLAIMED
AND RADIANT***



neti - not this,
not this

“What version of you no
longer exists?
Are you ready to let go?”





Grief strips our roles-
mother, lover, achiever
until truth alone remains.
You are what's left, and
that is enough.

***I RETURN TO
MYSELF***



shame and guilt

“Where is your shame
from? Inherited?
Where is your guilt from?
Actions ?”





Differentiate your shame and guilt. Shame erodes identity, Guilt is a good compass. Align your actions, drop the shame.

I AM CHERISHED



piety and performance

“What are you doing just
to feel righteous?”





Real prayer is quiet,
messy, unfinished. Sacred
doesn't mean perfect. You
don't need to keep score to
be loved.

***I AM PRESENT AND
WHOLE***

essence of time

“ Are you feeling stuck?
Can you let time reveal the
purpose?”





A bench that had not fit
anywhere for a long time,
suddenly was perfect
under the tree.

***I TRUST MY TIMING
TO BLOOM***



the solitude corner

"Can you root into yourself
during storms?"





The rocking chair by sunlight became a personal sanctuary. Inner anchoring builds resilience.

I ANCHOR MYSELF



kaleidoscopic crap

“What if your mess is a stage for growth and beauty?”





Broken branches become floral arches. Our mess, if witnessed with imagination, becomes material for new beauty.



***I SEE BEAUTY
AMIDST CHAOS***



the garden corner

"Can you celebrate every
awkward phase of
becoming?"





The garden changed layers
, each phase richer, fuller,
more alive. Growth is
messy, but glorious.

***I HONOR EVERY
VERSION OF ME***



pick joy

“Can you let joy coexist
with sorrow?”

What tiny joy can you
choose right now?



moments of magic

“Can you find magic in
simple moments?”





Stillness comes in a flash, one breath, one bloom, one pause. Let it be enough.

I AM PEACE



tango of light

"Can you dance with life's
changing rhythms?"





The sun and garden
played in light and
shadow.

Life is a dance, not a
demand.

***I DANCE TO LIFE'S
RYTHM***



ode to self

“Can you find magic in simple moments?”





A table set for one became
a declaration of self-love.
Gratitude toward yourself
is sacred.

***I AM
GRATEFUL***





your thoughts matter!
let me know what you
think.

visit the website for
more helpful insights.

www.talesofeverydayjoy.com

- *Roopa Vittal*

