

READY. SET. RESET.

Art + Affirmation Cards

A pocket of calm for hard moments — free for the people you serve.



WHAT'S INSIDE

Ready. Set. Reset. is a deck of 36 affirmation cards, original art paired with simple, grounding words, made to put something steady and hopeful into someone's hands when they need it most: before a procedure, during a hospital stay, through anxiety or grief, or in any hard stretch. Made for teens and adults alike. No instructions needed: shuffle, draw a card, take what it offers.

THREE KINDS OF MOMENTS

Reminders

"You are still you, even now."

Encouragement

"You can do hard things in pieces."

Comfort

"It's okay to not be okay."

A TEN-YEAR ART JOURNEY

Ready. Set. Reset. was created by Tessa Nguyen, our Kindness Campaign Manager, drawn from her own decade of growing through hard things.

She made the deck she wished she'd had, and built it into a program to reach anyone facing a hard moment. Every card carries a piece of Tessa's own art, made across those ten years. A journey of growing through hard things, in one young artist's own hand.

WHO IT'S FOR

Anyone moving through something hard: patients of any age in hospitals, clinics, and treatment; people facing anxiety, illness, grief, or big transitions; those in hospice, senior care, shelters, and support groups; students and the adults who care for them.



FOR ORGANIZATIONS — SIMPLE, AND FREE

1. Tell us who you serve: roughly how many decks would help, and the people they'd reach.
2. We send you a batch. Free, ready to hand out. No cost, no catch.
3. You give them out at a moment that fits: a bedside visit, a counseling session, a hard day.
4. Share how it landed — optional, never required; a photo or a few words helps us fund more decks.

Want decks for the people you serve?

Request decks →

Wired for Kindness

info@wiredforkindness.org

www.wiredforkindness.org/ready-set-reset