

affirmation deck

@POWERFUL WOMEN

60 female illustrators from all over the world!



@CARGAILLUSTRATION

www.carmengarciagordillo.com

SPAIN

I like to work on issues that are somehow related to my life. This image is from a series on yoga and meditation, two disciplines I practice regularly. It represents a woman meditating in a calm environment, a daily and intimate act that helps her feel better. I have chosen warm and cheerful colours that help to express the feeling of serenity and comfort.



Carmen Garcia Gordillo

@LAURENIKIGAI

Check my instagram page!

SINGAPORE

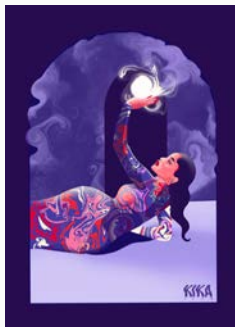
‘Bloom’ is an illustration that I created to appreciate the beautiful scenery that life has to offer. The illustration depicts a woman lying on a bed of flowers and releasing a glowing butterfly, which represents a soul that is free and uninhibited. I am Lauren, and I am the illustrator behind LaurenIkigai. My art is inspired by women, love, nature and a sense of purpose.

Lauren Su



@KIKA_ILLUwww.kikaillustration.com**POLAND**

Plastic, fluid reality. Our thoughts can shape the world around us. So be brave, have an impact. My style: bold colours, fluid and sharp shapes. Violet: nobility, spirituality. Blue: peace, water, dynamism, creativity. I'm a graduate of the academy of Fine Arts in Krakow and studied in Portugal. I was a fashion print designer for several years and am inspired by Italian and Spanish movies.



Magdalena Róžańska

@HELLOMENGUALwww.saramengual.com**SPAIN**

You are strong, capable. If you feel lost, breathe, place your hands on your heart, listen. Be grateful for this amazing human being that you are, for your presence, for the nature and people around you. You are light. Let your soul guide you through any difficulties you might be experiencing. You are not alone, I am with you. We are one.



Sara Mengual

@PATTERN_CREATOR

Check my instagram page!

SERBIA

I wanted to illustrate her soul as big as the universe, sometimes gentle and fragile as a flower. After finishing my studies, I worked as an architect and interior designer. But when I became a mom, I started to draw for myself and realized it relaxes me. Drawing became my daily routine. Today it is my second profession.



Vanja Paunovic

@ALEKSANDRABIRCH

www.aleksandrabirch.com

POLAND

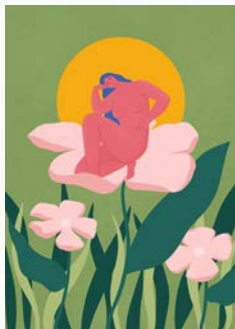
Aleksandra Birch

I'm a Polish illustrator inspired by women, nature, yoga and the 70's. Fueled by colours since 1993.

I like to create rich, vivid scenes and portray women and great artists in my work. My creations combine themes of wanderlust, feminine beauty, yoga and dreamy travel destinations. You'll often find flowers and plants incorporated in my pieces, as my main inspiration is nature.

@BURCUKOLELIwww.burcukoleli.com**WASHINGTON, USA**

We live in a society where women are constantly criticized and stereotyped. We become insecure about our bodies. I aspire to create inclusive artwork that celebrates women and challenges these stereotypes. I truly believe that self-love is the key to a better life. This illustration reflects how I perceive self-love: as a blooming garden. When we accept and love ourselves, we blossom, just like flowers.

**Burcu Köleli****@OLIVIABUERKIDESIGN**www.oliviabuerki.com**Olivia Bürki**

I created this illustration when I discovered the benefits of meditation. It's a wonderful sensation to feel connected to your true and deepest self, your highest self. The design is meant to inspire women to rediscover their intuition and trust it. We are not dependent on external forces, because our soul is wise and knows all the answers we might need in life.

SWITZERLAND

@MELANIERIDLEYART

Check my instagram page!

UNITED KINGDOM

The inspiration for all my work comes from the joy of slowing down and being in the moment, drawing on nature as a reminder that true growth happens gradually. I created this illustration to encourage women to surrender to the calm, quiet moments and to just let things be as they are intended without overthinking or trying to keep up with life's fast paced expectations.



Melanie Ridley

@SUZANNEWEBER_

www.suzanneweiler.ch

Suzanne Weber



With this illustration I wanted to celebrate that inner voice we all have. Intuition? Heart? Soul? Call it what you want. Feel the strength it gives us when we know how to listen to it. We are powerful, let our light shine!

SWITZERLAND

@KARLASANDERSART

Check my instagram page!

OHIO, USA

Within each human being, there is a deeply spiritual energy, reflected in our love of night skies, nature and creativity. This piece invites you to explore your inner landscapes and look upon your complexities with compassion, just as the main silhouetted figure cradles two figures in her hands. We grow when we extend our love for the stars to the soul within us.

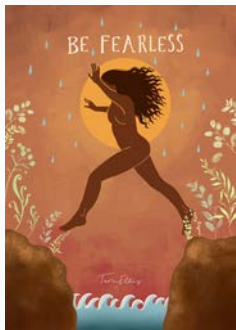


Karla Sanders

@TARNELLISART

Check my instagram page!

Tarn Ellis



This piece represents taking a risk. That leap into the unknown. I believe that if you have the courage to step outside of your comfort zone, you will be rewarded. It's okay to have fears... but don't let them hold you back!

UNITED KINGDOM

@PETRAHOLIKOVA_www.holikovapetra.com**CZECH REPUBLIC**

I'm an artist and animal lover based in the Czech Republic. As a child I spent a lot of time in a forest near my hometown, where I developed a strong attachment to nature. My goal is to create a sense of peace and calm, which is why my work often captures women hugging animals or relaxing at home surrounded by plants.



Petra Holiková

@MARTAS_REVERIESwww.martasreveries.company.site

Marta Krstić



'Soul Sisters' is an artwork representing the true bond between ourselves and others. I have tried to portray the calmness that being at peace with yourself gives, and how it enables you to create genuine bonds with others. My artworks mostly explore connections between people, nature, and animals. They're set in an imaginary world and inspired by folktales and stories.

SERBIA

@ALIITTLELAMP_

Check my instagram page!

MALAYSIA

Learn to accept and release your emotions instead of suppressing them. When things don't go as planned, don't beat yourself up, but take the time to recollect yourself before facing the challenges of life, by connecting deeply to your inner self. This serves as a reminder to women to be more mindful and enjoy the present moment by being fully aware of their actions.



MayLi Koo

@AINHOA.GARCIAIH

Check my instagram page!

SPAIN

Ainhoa Garciaiah

This illustration was made during the covid lockdown. It was a difficult time but it helped me to reconnect with myself and build and get to know a new community that helped me gain creative confidence thanks to feminist illustration. And that was precisely what I wanted to reflect in this illustration: sisterhood as a way to reconnect and grow.

@SARACALDEwww.saracalde.com**SPAIN**

The best gift we have is us. It is ours. Imagine, dream and love each other once more. Let's surround ourselves with nature until it invades us and we don't know if you are inside or outside. Because we are natural and delivered. And between the tremors of a fine line of drawing we give ourselves millions of beautiful things.



Sara Calde

@MIRJAMDERUITERwww.mirjamderuiter.com

Mirjam de Ruiter



I am letting love guide me and won't let fear get in my way. Following my heart has brought me places I could have never imagined and so this is my biggest wish for you: to find stillness, hear your inner voice and then follow it! My illustration 'Het zonnetje in huis' is a watercolour on acid free paper and was painted in 2020.

NETHERLANDS

@PETRABRAUNILLUSTRATION

www.petra-braun.com

AUSTRIA

In a world where we are constantly comparing ourselves to others, it's very important to look inside yourself and recognize that you are carrying a unique essence within you. Don't hold yourself back just to fit in. Your strength and voice lie within you; listen to them and release your energy into the world. Let your heart shine, trust your instincts and pursue your dreams.



Petra Braun

@SLAYKEI

Check my instagram page!

SERBIA

Slađana Ljubić

The inspiration for this piece came from my daily struggles with self-worth. Not being able to reach my goals directly correlated to the negative perception I had of myself. I felt anxious and disappointed until one day I realized that other people feel the same. Accepting my mistakes and embracing my imperfect mind gave me the motivation to recognise and fight my negative thoughts.

@STUDIOLISAwww.studiolisa.nl**NETHERLANDS**

I have created this illustration thinking about how I can feel at home in my own ‘home’: my body and mind. The last couple of years I’ve been learning how to do this. No matter where I am or who I’m with in the world, I feel at home and comfortable because I am with myself.



Lisa den Teuling

@BIANCAGSCHLECHTwww.biancagschlecht.com

Bianca Gschlecht



I created this illustration for the prompt “you time” during the #powerfulwomenweek2020. Me time is very important for my creative process. I find that I get the best ideas for new illustrations whenever I relax - door locked, lavender scented bath, no phone. So let this illustration be your reminder not to be busy all the time and to let your mind wander.

GERMANY

@ANNESOPHIETOUGAS

Check my instagram page!

CANADA, QUEBEC

Our body decodes the tangible world with its senses. Our mind deals with the invisible, with ideas, dreams and mystery. It navigates with ease or discomfort. My character's hidden face invites us to look at our own state of mind, our obsessions, what's blinding us or transcending us. Despite everything, mankind and nature are intimately intertwined.



Anne-Sophie Tougas

@AMORA.ILUSTRA

Check my instagram page!

Manoela Amorim



BRAZIL

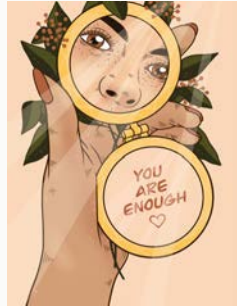
For me, this illustration sums up the power of art in relation to mental health. Whenever I'm drawing, I feel just like this girl, disconnected from everything, in my own world, taking care of myself and blossoming. With this piece, I wanted to show the importance of taking a break to do the things that you love.

@RESAA.ART

Check my instagram page!

GERMANY

This illustration was inspired by all our daily little battles with self-doubt and should serve as a reminder to step back, breathe and calm down. No matter how impossible it may seem to you to overcome certain obstacles in life – remember you are always enough! Be your own source of strength. Your inner power is reflected in your outer world.



Rebekka Saak

@BAEMILLU

Check my instagram page!

GERMANY

My illustration is about our inner world. Sometimes we get lost in it, because it's difficult to calm our thoughts and struggles. Sometimes we gain power from it and it can be strong. This is why it's important that we try to be kind to ourselves, and that includes to our minds. Because thoughts have so much power.



Emily Batzill

@YIQINGGAN

Check my instagram page!

MALAYSIA

As an empathetic illustrator, I want to remind women with this artwork that we all have our own pace and we should focus on our own progress. The big periwinkle flower reminds everyone to cultivate a self-compassionate mindset when working on yourself. The texture of my artwork is inspired by how I used to work with watercolours.



Yi Qing Gan

@JULIKA.ILLUSTRATION

www.kretschmann.ink

Julia Kretschmann



Women have always been the main source of my inspiration and finding the mystical and sensitive side of every female human being comes naturally to me. This allows me to define my own diverse vision of a modern woman in my portraits which will hopefully inspire others to find their way to perceive themselves as the goddesses they are.

GERMANY

@DANIIPOLLEHNwww.daniipollehn.com**GERMANY**

When creating this illustration I was thinking about a woman who is confident and unapologetically herself. She went through a lot but kept her head up high. She is powerful and inspires others to keep on going and believing in themselves. The illustration was created in Adobe Illustrator and for the palette I chose strong and warm colours to express the vibrancy and liveliness.



Dani Pollehn

@UNICORNJOURNALwww.unicornjournal.carrd.co**PHILIPPINES**

Lone Wolf. Like anyone immersed in their passion, I feel most powerful when I can depict what's on my mind while stimulating other peoples' thoughts through my illustration. This is inspired by the concept of mindfulness and the lone wolf. I believe a girl always has the choice to be independent and can create her own way of being powerful.



Jo Valiao

@CARINALINDMEIER

www.carinalindmeier.com

AUSTRIA

Our thoughts and desires shape our reality and allow us to become what we believe in. We should remind ourselves of the importance of believing in ourselves, of letting our own power flow and of not being held back in realizing our dreams.

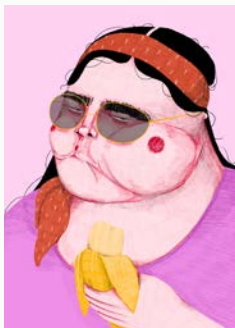


Carina Lindmeier

@DANIELAHERODESOVA

Check my instagram page!

Daniela Herodesová

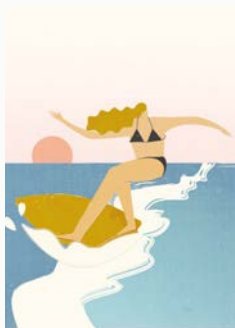


I generally create illustrations for fun, nothing pleases me more than when my art entertains people. My female characters, who are fat and hairy, show a beauty that society tends to reject. Greasy hair, circles under the eyes, frowns, rolling eyes, we all feel and look like that sometimes. Although my work is stylized, it is based on real feelings.

CZECH REPUBLIC

@KELSEYDAVISDESIGNwww.kelseydavisdesign.com**OKLAHOMA, USA**

Don't let fear keep you from trying new things and experiencing life to its fullest potential. Whether it's pursuing a new career, mending an old relationship, or picking up a hobby - give it a try. Regardless of the outcome your life will be fuller and more well-rounded for taking those first steps.

**Kelsey Davis****@RUNGSHENG.ILLUSTRATION**www.rungshengchou.com**Rung Sheng Chou**

When drawing this piece I was thinking about what feminism means to me, and I found that to me, feminism is a leader, a spiritual guide who tells us there is an outside world where we do not have to be oppressed. She tells us not to be afraid, and she is going to lead us out of this cave of patriarchy.

TAIWAN

@ALEXARTA.ILLUSTRATIONwww.alexandraciocan.com**ROMANIA**

A dear illustration in Indian ink made about what being fearless looks like to me. It's you, it's me, a brave woman shyly talking about her hypersensitivity. I've rested her on a Protea flower, symbol of courage and resilience. Being fearless does not oppose being fearful. It's daring to talk, while carrying your fear. Incredible woman, speak up, occupy space. You're fearless.



Alexandra-Elena Ciocan

@BRITTDONESDESIGNwww.brittdoes.com

Brittany De Vandry



In designing this piece, I thought of the emotions we experience during a difficult climb. The struggle to get there, and then the absolute joy and sense of accomplishment when you make it. Those emotions are life-giving. But it takes the ambition to go in the first place. I wanted to create something with really vibrant colours that captured that idea of elation and completion.

CALIFORNIA, USA

@ADAPRZESADAA

Check my instagram page!

NEW ZEALAND

I'm a Polish designer and illustrator based in New Zealand. I created this illustration inspired by the phrase 'Let my light shine'. You're focused. Your inner light and energy break the cold darkness of fear and doubt. You push forward no matter what. There is a guardian wolf by your side. Your light is multiplying, and through new prisms brightens up your path.



Ada Przesada

@MA_MIND

www.mamind.de

GERMANY

My illustration was inspired by mobile phone use. Far too often we spend more time on social media than in the real world. Even though social media has its advantages, many people only live in their own bubble. That is what I want to show with this picture. Go out and show yourself and your beauty to the world. Be in the here and now.



Maria Martin

@ILLUSTRATETHINGS

Check my instagram page!

TURKEY

I created this illustration for #powerfulwomenweek to remind myself and all women of how unique we are. The female figure in the illustration is dominated by purple tones, the colour of passion and feminism. Art is where I escape from my white collar life as an architect and women, with their strength and colourfulness, are my inspiration.



Betül Turan

@VVMANZANILLA

Check my instagram page!

Victoria Manzanilla



We must take care of ourselves in order to blossom and become the person we want to be, and realize that anything is achievable in life if we put our mind to it. Let's stop comparing ourselves to others, focus on ourselves, because our experience is unique and personal. My illustrations tell a story. I like them to be colourful, alive, imperfect, like life.

VENEZUELA

@WERONIKA.SALACHwww.moonandbrush.com**GERMANY**

The best time to start a new endeavour is right now. Your potential is endless - look the challenge in the eye and go for it. Stepping out of your comfort zone is what will help you grow. Have courage, make your own mistakes, learn from them and watch your life change for the better.



Veronika Salacha

@ANA.GAMANNwww.anagaman.com**LUXEMBOURG**

Ana Gaman

This illustration was created to remind people of their power for positive change in relation to the climate crisis. We can all choose to make a difference by taking small, yet powerful steps towards a better world. As an illustrator, I choose to focus on themes with a positive impact, on inspiring others by shining a light on sustainability, nature, biodiversity, empathy and love.

@ALMONTSTUDIO

www.almontestudio.com

USA, NEW YORK

As a Dominican, Afro-Latina illustrator, I always want to capture the strength, beauty, diversity, and power we women have within. When we connect with that part of ourselves, we can achieve anything we set our minds to. I wanted to capture a safe space surrounded by nature, strength and courage, and express the importance of tuning into yourself in order to envision what you seek.

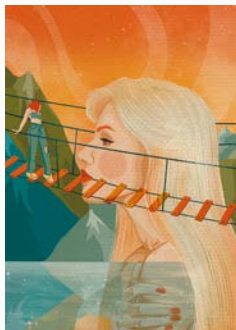


Talisa Almonte

@LOUIENAVARRO.ART

Check my instagram page!

Lou Phyllis Navarro



Being in my late 20s, I know that I still have a lot of things I want to achieve in life. So I urge every woman to be bold in making a move to cross that bridge towards your dream. Remember not to let your mind defeat you and allow yourself to enjoy the journey. The bright and bold colours represent the brave women today.

PHILIPPINES

@FINLEYBELLEILLUSTRATIONS

Check my instagram page!

MOROCCO

Ten years as an art teacher gave me a great deal of experience in visual arts, but I recently turned to digital art, because it allows the use of multiple techniques and styles. I decided to share my drawings on Instagram to convey the empowerment of women and their ability and defend their rights through paintings with different and varied techniques and inspiring quotes.



Finley Belle

@ATELIER_JANINAGUDE

www.lithastudio.de

GERMANY

Janina Gude

This illustration is about the celebration of the female body. A body that is so much more than something we can only look at from the outside. It can be soft and warm, tender and sensitive in one moment and strong, wild and powerful the next. But most of all we need to see that a female body is free.

@IAMMONSIEwww.iammonsie.com**SCOTLAND**

Dear Body, you are infinite. An infinite vehicle for learning, experiencing, and growing. We've been through a lot together, but there's still so much ahead of us. Here's to you!

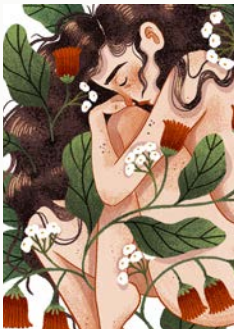


Monika Jurczyk

@IZ.PTICAwww.izptica.com**CROATIA**

I started practicing yoga a while back. Each session reminds me of how powerful our bodies truly are - of how with each step and a subtle move we're given an opportunity to learn about the vastness of each breath, about the intricacies of our existence in the body we were given.

Kaja Kajfež



@LITTLE.BIG.DETAIL

Check my instagram page!

GERMANY

When I was young, my parents took me from one doctor to another. When they couldn't find anything wrong with me but my symptoms persisted, I felt disappointed and lonely. Today I believe in my body's self-healing powers and no longer wait for a magical pill to cure me. I dedicate this illustration to all women with chronic illnesses, who demonstrate their strength daily.



Katrina Braun

@THEJULIACREATIVEwww.juliaspieldenner.com

Julia Spieldenner



This illustration was part of an Instagram challenge themed; Dear Body. I wanted to express the idea of a hug from you to yourself. Of loving your own body even though it's not perfect. I love to draw curvy women because I feel that they are stronger. They exist. They fill the room with their energy, and they shouldn't hide. It's empowering.

FRANCE

@HANNEKESUPPLYILLUSTRATIONwww.hannekesupply.com**BELGIUM**

This is an ode to our bleeding body. For way too long we have been ashamed of it, because it makes us look weak and vulnerable. How about changing that perspective? Isn't it amazing that women everywhere do great things all the time while they bleed? Doesn't that mean we are strong in our vulnerability? And bloody amazing? Shouldn't we be proud of that?



Hanneke Supply

@JADE.RGNwww.jade-rognon.com

Jade Rognon



This naked woman, her body completely exposed, is all of us. She prompts us to question our bodies in an era of plastic surgery and photoshopped visuals. Lying on the sofa, she invites us to accept ourselves as we are! The vivid colours and intimate atmosphere of this illustration are inherent in my work. Its graphic approach is based on efficiency and sensitivity.

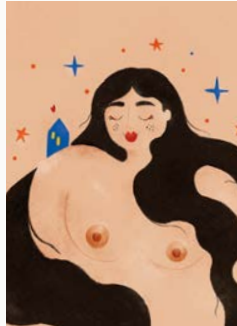
FRANCE

@ANAIIS_SANCHEZ

www.sanchezanais.com

FRANCE

It is true that I am not often very grateful to my body. More often I see the negative instead of rejoicing in all that it brings me. So today, I wish to thank it for being there during all moments of joy and for supporting me during difficult times. I want to thank it for making me unique.



Anais Sanchez

@MARIFRESS

Check my instagram page!

SPAIN

Mari Fernández

My body is a temple, a space where all dimensions travel. It gives us the most sublime experiences and in that space nature is in perfect harmony with the freedom to be authentic and unique. As such, my body deserves to be cared for. Nature and the feminine have always been very present in my work, to express the innate strength of women through these natural and delicate spaces.

@ELIMARTINEZ.STUDIO

www.elimartinez.studio

SPAIN

My illustration celebrates the female body. It represents the feeling of calm that invades us when we stop struggling with social prejudices and begin to feel complete. I want to convey a sense of home and peace for women so they feel identified and understood. Here I experimented with 'digital risography', which simulates a real printing finish. I love the transparent effects this technique gives.



Eli Martínez

@TAAASHA.DRAWS

Check my instagram page!

SERBIA

Society dictates that women should look a certain way and I grew up feeling like my body never could live up to that. I tried to fit in. Until one day, when I finally accepted every imperfection, curve and hair on my body and let myself blossom and express all that I am through art.



Nataša Milošević

@CLAIRE.PROUVOSTwww.claireprouvost.com**IRELAND**

With this illustration, I want to convey a sense of strength and stability. We can be so judgmental of our body, even though it carries us through life. The flower is a symbol of fragility, but also of strength, and it represents compassion and kindness. I hope to inspire women to re-connect to their bodies and to appreciate what makes them unique, strong and beautiful.



Claire Prouvost

@CLARISSE_ILLUSTRATIONSwww.clarisseillustrations.com**REUNION ISLAND**

In my illustrations I like to play with a dreamworld in which natural forces are personified and a touch of magic can be felt; and a modern world where I explore the challenges of being a woman today. In both these worlds I represent women as figures of force, power, tranquility, fragility and beauty. The interpretation of my illustrations is up to the viewer.



Clarisse Bodzen

@CREATIVESPARROW.NZ

www.creativesparrow.nz

NEW ZEALAND

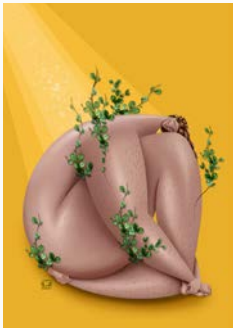
My inspiration for this illustration comes from believing that I am the only one who has the right to make decisions about this body in which my soul resides. I believe every woman should have the power and strength to make the choice that is best for her, and I hope that this illustration empowers others across the world to feel the same.



Christine Kapa

@AIDA.SAJEDI

Check my instagram page!

IRAN

Aida Sajedi

When hearing the word ‘woman’, people often expect a shaved statuesque figure. Women with excess fat are usually neglected and don’t fit into the category ‘beautiful’. This illustration intends to challenge these beauty standards by saying that a woman is beautiful in any shape and size, and a woman’s real beauty is reflected in her soul, not in her appearance or shaved body.

'Powerful women! Soul sisters! Let's come together! Let our souls, minds, ambitions, and bodies shine! Let us use our creativity to empower each other!'

In 2019, a group of female artists issued a creative challenge on instagram called **#powerfulwomenweek**. Participants were asked to create art inspired by prompts about the strength within women. The challenge gave women around the world the chance to share their creative talent and empower each other. The response was momentous and inspiring. The project created a powerful online movement, generating thousands of illustrations. May it thrive for many more years to come.

This hard-copy affirmation deck was created to celebrate, commemorate, and make tangible this beautiful online movement with the hope of reaching even more women with its powerful message, and keep it growing.

Thank you so much to all the incredible illustrators who have contributed to this affirmation deck!

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by Lisa den Teuling - Studio Lisa

www.studiolisa.nl