

YOU GOT THIS MAMA!

I am a good mom
I am the perfect mama for my baby
I choose to be present with my baby
There is endless value in being a mom
Every day is a gift and I choose to cherish every day with my baby
It is ok to have fears, doubts, or feel frustrated- that does not make me a bad
mom
I take each day as it comes
I am full of love
A bad day does not make me a bad mom
I know best how to nourish and care for my baby
My baby feels my love and dedication
I value myself as a mom
I feel connected to my body, mind, and soul
I am strong, brave, and capable
My day is filled with love, peace, and joy
I am beautiful and attractive
I am capable to fulfil all my dreams next to being a mom
I am calm, I am at peace
I have enough energy to conquer today
Today is gonna be a great day
I feel connected to my baby
I deserve to be valued as a mom
I can ask for help, this does not make me a weaker mom
I am patient
I cannot and do not have to meet everyone's needs
I do not have to take unsolicited advice and I am not here to please everyone
I deserve credit from my partner for all that I am doing daily and I give
myself credit
No matter how many hours of sleep I'm getting at this moment, I am able to
rest peacefully
I feel energized after taking a nap
I give my body time to heal and get stronger
I trust my instincts
I am allowed to take care of myself
When I take time off for self-care I feel confident, energized and am capable
to take great care of my baby
I am becoming a more confident mama each and every day



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Nobody can ever take away the life lessons motherhood is teaching me
I am a powerful woman
I am good enough in all that I do
Each day I am the best version of myself that I can be
I am grateful for my body
I am grateful for my baby
I am loved
Leadership begins with motherhood
I am doing the best that I can and that is enough
I release feelings of fear, doubt, and guilt
I release my expectations and choose to welcome each moment for what it is
My baby sees the best in me
I am able to comfort my baby
I am worthy, wonderful, beautiful, strong, and full of love in the eyes of my
baby
I love being a mom, but I don't have to like all aspects of motherhood each
and every day
I create a peaceful and loving home for my baby
I am exactly where I need to be in life right now
Anxiety has no power over me
My baby doesn't care if I have stretch marks or not or how impressive my
resume is, to him/her I am enough, I am perfect, I am all he/she needs just
the way I am
I trust myself
My baby and I are a great team
I embrace this new role I've been given with all its lessons and challenges
My baby is a blessing and I am grateful to be on this journey
I am proud to be part of the mom club
I am excited to see my baby grow and I am excited to grow as a mother
I share an eternal bond with my baby
I forgive myself for any mistakes and shortcomings
I welcome change
I am not comparing myself to other mothers, everyone is on their own
journey

