

Mom Affirmations

*Daily recite, out loud, your personal affirmations
with your hand over your heart.*

- I am doing my best as a mom and that is enough
- I am the best mother for my children
- I am important in the lives of my children.
- By allowing myself to be happy, I inspire my family to be happy as well.
- I am a blessing to my children.
- I am my child's lifelong teacher.
- I trust my maternal intuition.
- I will take care of myself in order to be a good mother.
- I deserve to put my feet up and relax.
- I will be kind to myself.
- I become a more confident mother with each new day.
- I am raising adults who will contribute to the good of society.
- I will turn away from judgement today.
- I do not expect to be a perfect mother.
- I will leave my expectations for today and what it should look like at the door.
- I have feelings that deserve to be recognized.
- Asking for help is brave and wise.
- I will delegate with authority.
- I am in control of my schedule.
- I will create a home that is calm and organized.
- I am more than enough.
- I am lovable and deeply loved.
- I take care of my body, mind, and soul.
- I will build into myself so that I can parent from a place of rest and happiness

Coordinating Chaos

Mom Affirmations

*Daily recite, out loud, your personal affirmations
with your hand over your heart.*

- I am doing my best as a mom and that is enough
- I am the best mother for my children
- I am important in the lives of my children.
- By allowing myself to be happy, I inspire my family to be happy as well.
- I am a blessing to my children.
- I am my child's lifelong teacher.
- I trust my maternal intuition.
- I will take care of myself in order to be a good mother.
- I deserve to put my feet up and relax.
- I will be kind to myself.
- I become a more confident mother with each new day.
- I am raising adults who will contribute to the good of society.
- I will turn away from judgement today.
- I do not expect to be a perfect mother.
- I will leave my expectations for today and what it should look like at the door.
- I have feelings that deserve to be recognized.
- Asking for help is brave and wise.
- I will delegate with authority.
- I am in control of my schedule.
- I will create a home that is calm and organized.
- I am more than enough.
- I am lovable and deeply loved.
- I take care of my body, mind, and soul.
- I will build into myself so that I can parent from a place of rest and happiness

Coordinating Chaos