



# Positive Affirmations for Stay-at-Home Moms

When there is chaos around me, I am the calm.

This too will pass.

I fully embrace today.

I will laugh with my children today.

I am more than just a mom.

My job at home is worth millions.

I am leaving a legacy of love.

I will do what I can; no one expects perfection.

I will take care of myself.

It's okay to ask for help.

I might not see it now but the time I'm investing in my kids does matter.

My children will not remember a pristine house, they will remember the time I spent with them.

My home is a safe place.

