



Positive Affirmations for Working Moms

I am working hard to support my family.

I love my children just as much as I would if I were staying at home.

Today I will find peace in being good enough because perfection is impossible.

Everything thing I do serves a purpose for my family.

I am the best mom for my children.

I will laugh and play with my children when we are together.

I will be an intentional parent.

I am not comparing myself to the mothers around me; I am the perfect mother for my child.

I am a positive role model for my children

I got this!

