



Positive Affirmations for Moms

I do not need permission to feel glorious.

I am doing my best as a mom and that is enough.

I am the best mother for my children; I was born to be their mother.

I am important in the lives of my children.

By allowing myself to be happy, I inspire my family to be happy as well.

Mistakes and setbacks are stepping stones in my motherhood journey because I learn from them.

Happiness is my choice.

Only I can give my children a happy mother.

I am a blessing to my children.

I am doing an amazing job.

“A mother’s love liberates.” – Maya Angelou

I am my child’s lifelong teacher.

I trust my maternal intuition.

I will talk about myself the way I would my best friend.

I am learning to be a better mother with each new day.

Today I will notice the positive aspects of motherhood.

“The strength of motherhood is greater than natural laws.” – Barbara Kingsolver

I will take care of myself in order to be a good mother.

“There is such a special sweetness in being able to participate in creation.” – Pamela S. Nadav

I am grateful for my ability to create life.

I will remember to put my oxygen mask on first.

I choose to take care of my self.

I will have fun doing the mundane today.

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.

Being a mother makes me feel beautiful.

Being a mother has shown me how strong I am.





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I am raising adults who will contribute to the good of society.

Motherhood reveals my strengths to me.

I will play with my children today.

I will make memories with my children and ignore the dirty dishes.

The decisions made by other moms do not need to dictate mine or how I feel about myself as a mother.

There is no such thing as "just a mom".

My children will remember the time we spend together, not what they were given.

I love my children even on the days I don't particularly like them.

My children love me and are thankful for me, even when they don't say it.

I will show my children what it means to take care of yourself.

I will build into myself so that I can parent from a place of rest and happiness rather than exhaustion and bitterness.

"I know how to do anything - I'm a mom." - Roseanne Barr

I will not worry about small details today.

I will turn away from judgement today.

"There is no influence so powerful as that of the mother." - Sarah Josepha Hale

My children do not care about my flaws.

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 will embrace the here and now.

This too shall pass.

I am calm and peaceful under pressure.

My children will feel accepted and loved unconditionally by me.

I have feelings that deserve to be recognized.

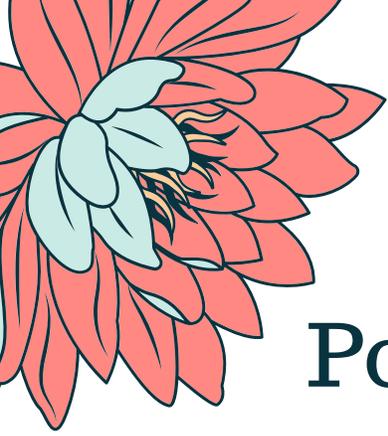
Asking for help does not mean I'm a failure.

My imperfections today are not important.

"Never look back...it distracts from the now."

- Edna Mode, Incredibles





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Today is just one day.

As I teach my kids today, I will also be open to the lessons they can teach me.

My family sees the best in me.

Every challenge I face make me stronger as a mother.

I will show my children how to advocate for kindness and justice.

I am more than enough.

I am lovable and deeply loved.

I take care of my body, mind, and soul.

I love and accept myself exactly as I am.

I am unwavering in my love for my children.

It's going to be okay.

