



15 POSITIVE AFFIRMATIONS FOR WORKING MOMS

1. I am working hard to support my family.
2. I love my children just as much as I would if I were staying at home.
3. Today I will find peace in being good enough because perfection is impossible.
4. Everything thing I do serves a purpose for my family.
5. I am the best mom for my children.
6. I will laugh and play with my children when we are together.
7. I will be an intentional parent.
8. I am not comparing myself to the mothers around me; I am the perfect mother for my child.
9. I am a positive role model for my children.
10. I got this!
11. I will trust my intuition to guide me in the right direction at all times.
12. In the eyes, mind and heart of my child, I am a good mom. My love and connection helps my child above all else.
13. There will be peace and love in my home, even in the midst of chaos.
14. Today I will let go of the quilt weighing on my shoulders. I am not perfect but I am what my child needs.
15. One bad day does not make me a bad mom. One bad day makes me human.

