



25 POSITIVE AFFIRMATIONS FOR DIVORCED MOMS

1. Everything is happening as it should be.
2. I am grateful for the relationship I had with my former partner.
3. I choose to be happy and hopeful even though it may seem too difficult.
4. It's okay to feel lost at times this is only a temporary situation.
5. I am a beautiful person. Inside and out.
6. I am working hard to better myself physically, emotionally, and financially.
7. I am learning to laugh more.
8. I am learning to trust again, by first trusting myself, my own good judgment and gut instincts.
9. I am learning to be less of a perfectionist with myself and others.
10. I am learning to forgive my own shortcomings.
11. I am learning to be more tolerant of other opinions (political and otherwise).
12. I am learning to be more forgiving of imperfections (real or imagined) in others.
13. If I do nothing today besides hug my kids, then I've done enough.
14. I'm not the perfect mother, but I'm exactly the one my children need.
15. Being a good mom takes courage, and today I'm feeling brave.
16. There's value in showing my kids my vulnerability.
17. Not loving every moment of motherhood doesn't mean I don't love being a mom.
18. My heart is healing.
19. I am fully capable of being alone right now and I'm okay with it.
20. I am a good person with a lot to offer.
21. Divorce is not the end of the road.
22. Change is the only constant and I will move through this with grace and ease.
23. I have an opportunity now to create the life I want.
24. I can navigate a new business relationship with my ex as co-parents and in legal negotiations. We can function as partners, if not spouses or lovers.
25. I choose to put my children first and help them to have a stable home life.

