



Positive Affirmations for moms



I trust my motherly instincts.

I will openly receive and look for the good in what comes my way today.

I am strong and brave in the face of adversity.

I can let go of that which does not uplift or support me.

I can be the mother that I would have wanted to have as a child.

My best effort is more than enough.

Every single thing I do for my family holds meaning and purpose.

I can be the one to make an effort with someone socially.

I can control myself and will respond in a gentle, loving, and peaceful way.

I recognize that my life is full of abundance and happiness.

My needs and feelings are valid and important too.

I will be comfortable and confident in my own skin.

I can make time to do the things I love.

I choose to make memories over merely being productive.

I won't stress over the small things.

I will not strive to be a "perfect" mom.

I will not have too much pride to ask for help when I need it.

I'm exactly the mother my children need.

I will be present with my children.

I won't worry about tomorrow because tomorrow will take care of itself.

I will surround myself with people who bring the best out of me.

I am loved with an everlasting love.

I can forgive myself for my mistakes.

I will turn every failure into a learning opportunity.

I am doing better than I think I am.

I am more than a conqueror.

I will take care of myself and not feel guilty.