

Affirmations for every *momma*

**I am a
good
mother.**

**Being
overwhelmed
does not make
me a bad mom.**

**Putting
myself first
is not selfish**

**I am the
perfect
mother for
my children**

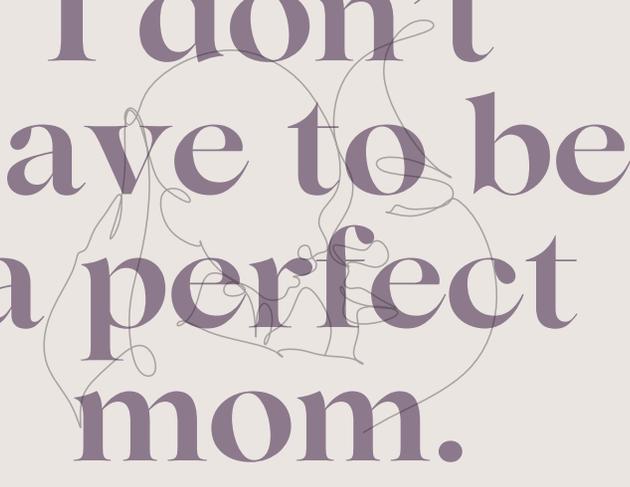
Every day
I'm getting
better.



Self-care helps
me to be a
good mom.



I don't
have to be
a perfect
mom.



I'm
everything
my children
need.



**I will not
compare
myself to
other moms.**

**Asking for help
does not make
me an incapable
mother.**

**It's okay not
to love every
moment of
being a mom.**

**I love and
accept my
children as
they are.**



I am letting go
of unrealistic
expectations.



I am not
perfect but I
am making
progress.



I am exactly
who my
kids need.



I show
myself and
my kids grace
every day.