Weekly Positive Affirmations for Mothers
There's no way to be a perfect mother, and a million ways to be a good one. — JILL CHURCHILL

I am a blessing to my children.

I can give my children a happy mother.

Weekly Positive Affirmations for Mothers
A MOTHER'S LOVE LIBERATES

I am my child's LIFELONG TEACHER

I can trust my MATERNAL INTUITION

I am doing an amazing job

I am my child's LIFELONG TEACHER
Today I will notice the positive aspects of motherhood.

"Mother love is the fuel that enables a normal human being to do the impossible."

— Marion C. Garretty

"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 law.

— Barbara Kingsolver

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special sweetness

there is such a

in being able to participate in creation

I am grateful for my ability to

and it is enough

for my children

the best that I can

I am doing

I WILL

in order to be a

good mother

take care of myself

I am grateful for my ability to

CREATE LIFE
"BEING A MOTHER IS LEARNING ABOUT STRENGTHS YOU DIDN'T KNOW YOU HAD, AND DEALING WITH FEARS YOU DIDN'T KNOW EXISTED."

– LINDA WOOTEN

I AM THE MOST IMPORTANT INFLUENCE ON MY CHILD'S LIFE.

I AM THE MOST CONFIDENT MOTHER WITH EACH NEW DAY.

EXACTLY WHAT MY CHILD NEEDS
I am giving my children the best possible future.

“IN GIVING BIRTH TO OUR BABIES, WE MAY FIND THAT WE GIVE BIRTH TO NEW POSSIBILITIES WITHIN OURSELVES.”
- MYLA AND JON KABAT-ZINN

I deserve the praise that I receive as a mother.

“ALL LOVE BEGINS AND ENDS THERE.”
- ROBERT BROWNING

motherhood.

“I DESERVE THE PRaise THAT I RECEIVE AS A MOTHER.”
BEING A MOTHER
HAS MADE ME FEEL
beautiful

I do not expect to be a
PERFECT MOTHER

MY CHILD IS ALRIGHT
EXACTLY
AS THEY ARE

I deserve time to
RELAX
I will laugh with my children today.

I will not worry about small details today.

I know how to do anything.

I’m a mom. I am an outstanding role model for my children.

—Roseanne Barr
There is no influence so powerful as that of the mother.

- Sarah Josepha Hale

I will turn away from judgment today.

Do not care about my flaws.

STRENGTHS

Motherhood has revealed my strengths.

My children are my love.
MOTHERHOOD IS AN ACT OF INFINITE OPTIMISM.

“BIRTH IS THE EPICENTER OF WOMEN’S POWER.”
— ANI DIFRANCO

I HAVE ENOUGH PATIENCE FOR MY CHILDREN TODAY.

I WILL NOT GIVE ATTENTION TO MY INSECURITIES TODAY.
I have feelings that deserve to be recognized.

My children need positive, lifelong memories with my children. I know better than anyone else what my children need. “No language can express the power and beauty and heroism of a mother’s love.” — Edwin Chapin

I am creating positive, lifelong memories with my children.
I am allowed to ASK FOR HELP as a mother

my family sees THE BEST IN ME

I make a DIFFERENCE in my family's life

The mistakes that I made yesterday are not important
I am grateful for the opportunity to raise my child.

“...A mother is a woman who shows you the light when you just see the dark...”
- Grimaldos Robin

I create order in my family’s life.

I grow with my child each day.
the challenges that I face make me a STRONGER MOTHER