



# 30 POSITIVE MAMA AFFIRMATIONS

Write them on your mirror, a sticky note or even say them out loud mama, these affirmations will help keep that positive energy up while filling your heart with gratitude.

● I am what my child needs	● I am capable of doing hard things	● I am worthy of my dreams	● Self love is not selfish	● I am allowed to grow and evolve
● Being a mother is one part of who I am	● Showing my child my humanness is a gift	● I am an amazing mother even as I become a better one	● My body is beautiful, strong and deserving of love.	● I am Enough
● I am present with my child	● I can do this	● I am proud of who I am	● I am Beautiful inside and out	● I appreciate what I have in my life right now
● I am a gift	● I embrace change	● I choose to see the positive in tough times	● I am grateful for my life	● I release fears with my breath
● Today I choose joy	● I am confident	● I breath in calm with each breath	● I am courageous	● Little by little I am creating a life I love
● I am doing my best with what I have	● I am exactly where I need to be	● Motherhood has revealed my strength	● Its ok to ask for help	● I find joy in the everyday moments of life