

I DON'T HAVE TO BE A
PERFECT MOM TO BE A
GOOD MOM!



MISTAKES AND SETBACKS
ARE STEPPING STONES IN MY
MOTHERHOOD JOURNEY
BECAUSE I LEARN FROM
THEM.



THE DECISIONS MADE BY
OTHER MOMS DO NOT NEED
TO DICTATE MINE OR HOW I
FEEL ABOUT MYSELF AS A
MOTHER.



ASKING FOR HELP DOES
NOT MEAN I'M A
FAILURE.



TODAY I WILL FIND PEACE
IN BEING GOOD ENOUGH
BECAUSE PERFECTION IS
IMPOSSIBLE.



PAUSE AND TAKE
SOME SLOW, DEEP
BREATHS



IF I'M BEING HARD ON
MYSELF, WRITE DOWN 3
THINGS I AM GRATEFUL
FOR OR DO WELL



NOT LOVING EVERY
MOMENT OF MOTHERHOOD
DOESN'T MEAN I DON'T
LOVE BEING A MOM.



I AM BRAVE AND
COURAGEOUS.



SELF SOOTHE THROUGH THE SENSES -
CHOCOLATE (OR YOUR FAVORITE CANDY!)

LISTEN: TO THE SOUND THE WRAPPER MAKES
WHILE OPENING IT.

TOUCH: FEEL IT. WHAT'S THE TEXTURE?

SMELL: FOCUS ON THE DIFFERENT SMELLS

VISION: WHAT COLOR IS THE WRAPPER? WHAT
SHAPE IS THE PIECE OF CHOCOLATE?

TASTE: TAKE SMALL BITES OF THE CHOCOLATE
AND FOCUS ON THE FLAVOR AS IT MELTS.



ONE BAD DAY DOES NOT
MAKE ME A BAD MOM. ONE
BAD DAY MAKES ME
HUMAN.



I WILL LET GO OF HOW I
THINK TODAY IS SUPPOSED
TO GO AND ACCEPT HOW IT
IMPERFECTLY HAPPENS.




TAKING CARE OF MYSELF
MAKES ME A BETTER MOM
BECAUSE I PARENT FROM
ABUNDANCE, NOT LACK
THEREOF.




I FORGIVE MYSELF FOR BEING
AN IMPERFECT PARENT.
TODAY I WILL LET GO OF THE
GUILT WEIGHING ON MY
SHOULDERS.



I AM LOVABLE AND
DEEPLY LOVED. 

MY CHILDREN WILL NOT
REMEMBER A PRISTINE
HOUSE, THEY WILL
REMEMBER THE TIME I SPENT
WITH THEM. 

I DESERVE TO PUT MY
FEET UP AND RELAX. 

BEING A MOTHER HAS
SHOWN ME HOW
STRONG I AM. 

I AM ENOUGH.



I WILL SHOW MY CHILDREN
WHAT IT MEANS TO SET
BOUNDARIES AND TAKE CARE
OF YOURSELF.



THERE'S VALUE IN
SHOWING MY KIDS MY
VULNERABILITY.



LOVING MY CHILDREN IS
MORE IMPORTANT THAN
LOVING EVERY MOMENT OF
MOTHERHOOD.



I AM LEARNING TO BE A
BETTER MOTHER WITH
EACH NEW DAY.



ITS OK TO ASK
FOR HELP.



I'M A BADASS MOM!



PERFECT ISN'T
POSSIBLE.

