



Nystrom
Mother Baby Affirmations

I am not alone.

Motherhood is challenging for everyone.
Enjoy what you can, get through the rest.

I am doing the best I can.

It is what it is WHILE it is.

The mistakes help me grow.

I deserve to give myself grace.

I can trust my maternal intuition.

I will leave my expectations for today and what
it should look like at the door.

The good moments outweigh the hard ones.

My kid(s) can feel my love every day.

Taking care of myself is important.

I AM A GREAT MOM.