

Take a Sip, Take a Breath and Go....

Explore, Discovery, Learn and Journey through Your own Motherhood

The purpose to this is list of affirmations to give babies a list of positive affirmation for their journey along the way. Giving our babies words of support, encouragement and positive affirmation can go a very long way. It can be lift their spirits and give them that extra boost. I strive to tell my babies positive things as often as possible. I strive to encourage and affirm them as they travel their own journeys. I want my babies to be able to have a strong foundation for which they go into this world and life as they continue to travel. I want my babies to be ready of their journey and to know and be firm in who they are as they travel on in their journey. This is a list of things I like and try to say to my babies as often as possible. Create your own list of what you want to express to your babies and in still in them as to who they are. May we strive to giver our babies the very best and strong foundation for which they will use to be what helps them travel their own journeys in this life.

List of positive affirmations for my babies as they go forward on their own journeys in life.

1. Mommy loves you
2. Mommy will always and forever love you
3. Mommy's love for you will never ever change no matter what
4. You are a treasure
5. You are wonderfully made
6. You are special
7. You are unique
8. Mommy loves you just the way you are
9. Mommy won't change one thing about you
10. You are beautiful/ handsome
11. You are beautiful/ handsome inside and outside
12. You are smart
13. You are clever
14. You are kind
15. You are thoughtful
16. You are loving
17. You are caring
18. You are sweet
19. You are a good friend
20. You are creative
21. You are a good problem solver

22. That was great thinking / a great idea
23. You are have a great imagination
24. You are responsible
25. You are a good brother /sister
26. You are fun
27. You are funny
28. You are adventurous
29. You are a good helper
30. You've got this / You can do this