

## 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 yourself as a mom a list of positive affirmation for your journey along the way through motherhood. Whenever you are having a bad mommy day, or in a mommy valley moment and think nothing is okay, or I cant do this and I don't feel as I am anything that I need to be or give look at this list and remind yourself of who you are and what you do in your days and life as a mom for your babies and family. Let this list be a reminder of all the good positive you things you have and do. Let this list encourage you, lift your mommy spirit. Let this list Fuel you as a mom and help refresh, replenish you and rejuvenate you as a mommy so that you can go forward in your journey through your motherhood.

List of affirmations for all fellow travelers in motherhood:

1. You are loving
2. You are kind
3. You are thoughtful
4. You are giving
5. You are caring
6. You are strong
7. Your are brave
8. You are courageous
9. You are what is best for our babies
10. You are enough
11. You are sufficient
12. You are efficient
13. You are creative
14. You are smart
15. You are confident
16. You are knowledgeable
17. You are a most excellent expert for your babies
18. You can trust yourself
19. You can trust own mommy voice
20. You are resourceful
21. You are awesome
22. You are beautiful
23. You are a rockstar
24. You are not losing your mind

25. You are still sane
26. You've got this
27. You will be okay
28. You can do this
29. You are doing the right thing
30. Your rainbow of true colors is beautiful

## The List of My Parental Positives for my own journey through Motherhood

Examples: You're so smart/clever

You're are so handsome/beautiful

You're so kind, thoughtful, sweet generous

You're so cute/adorable/funny/fun/silly

You're making good choices/ such a good sharer/ good at taking  
turns