

I am strong,  
capable,  
and resilient.

My body  
knows how to  
heal &  
recover.

I am proud of  
myself for  
bringing a new  
life into the  
world.

I am grateful  
for the love &  
support of  
those around  
me.

I trust my  
instincts as a  
mother.

I am doing  
the best I can  
& that is  
enough.

I am worthy  
of love &  
care.

I honor my  
body for the  
amazing work  
it has done.



I am grateful for  
the growth &  
learning  
opportunities that  
come with  
motherhood.

I am allowed to  
take the time I  
need to rest &  
recover.

I am  
surrounded by  
love &  
positivity.

I am learning  
& growing as  
a mother.

I trust the  
journey of  
motherhood &  
know that it will  
have ups &  
downs.

I am grateful  
for the bond  
between me & my  
child.

I am proud of  
myself for every  
little  
accomplishment.

I am worthy of  
self-care &  
nurturing.



I am doing the  
best I can for  
myself & my  
baby.

I choose to  
focus on the  
positive & let  
go of the  
negative.

I am grateful  
for the little  
moments of joy  
in each day.

I trust that  
everything will  
work out as it  
is meant to be.

I am capable of  
handling  
whatever comes  
my way.

I am worthy of  
asking for &  
receiving help.

I am proud of  
my body for the  
miraculous work  
it has done.

I am grateful  
for the love &  
support of my  
partner.



I am doing my  
best to balance  
the demands of  
motherhood &  
self-care.

I am grateful  
for the  
opportunity to  
grow & learn as  
a mother.

I am allowed to  
take breaks  
when I need  
them.

I trust that I  
am enough  
for my baby.

I am worthy of  
taking care of  
myself as well  
as my baby.

I am grateful  
for the new  
bond between me  
& my partner as  
parents.

I am proud of  
myself for each  
step of this  
journey.

I trust in my  
own intuition &  
knowledge as a  
mother.



I am allowed to  
feel all of my  
emotions &  
release them  
when needed.

I am worthy of  
love &  
compassion for  
myself & my  
baby.

I am grateful  
for the joy &  
laughter that my  
baby brings into  
my life.

I am doing my  
best to be  
present & enjoy  
each moment.

I am proud of  
myself for the  
sacrifices I have  
made for my  
baby.

I trust in the  
journey of  
motherhood &  
know I am not  
alone.

I am allowed to  
let go of  
perfection &  
embrace  
imperfection.

I am worthy of  
self-love &  
acceptance.



I am grateful  
for the moments  
if peace & calm  
amidst the  
chaos.

I am doing my  
best to find  
balance &  
harmony in my  
life.

I am proud of  
myself for every  
decision I make  
with my baby's  
best interest in  
mind.

I trust I am  
enough as a  
mother, partner  
& individual.

I am allowed  
to make  
mistakes &  
learn from  
them.

I am worthy  
of forgiveness  
& grace.

I am grateful for  
the precious  
moments of  
connection with  
my baby.

I am doing my  
best to let go  
of expectations  
& embrace  
reality.



I am proud of  
myself for each  
& every  
accomplishment,  
big or small.

I trust in my  
own strength &  
resilience to  
overcome any  
challenge.

I am allowed to  
prioritize my  
own needs &  
well-being.

I am worthy of  
love & support  
from those  
around me.

I am grateful  
for the beauty &  
wonder of new  
motherhood.

I am doing my  
best to stay  
present &  
mindful in each  
moment.

I am proud of  
myself for  
embracing the  
challenges & joys  
of motherhood.

I trust that I am  
making the best  
decisions for my  
baby & myself.



I am allowed to  
take the time I  
need to rest &  
recharge.

I am worthy of  
self-care &  
nurturing.

I am grateful for  
the gift of  
motherhood &  
the love it  
brings.

I am doing my  
best to find  
peace & joy in  
the midst of  
chaos.

I am proud of  
myself for all  
that I have  
accomplished &  
overcome.

I trust that I am  
exactly where I  
need to be in my  
motherhood  
journey.

I am allowed to  
ask for help &  
support when I  
need it.

I am worthy of  
taking the time  
to celebrate  
my own  
accomplishments  
as a mother.