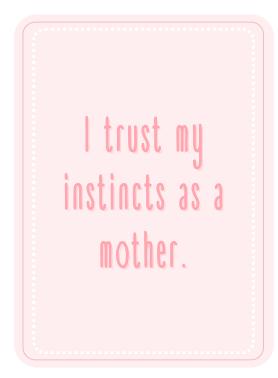
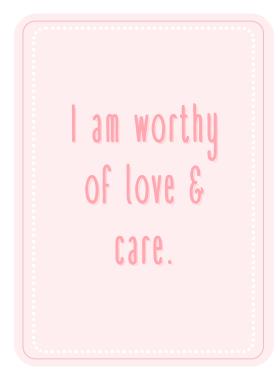


am proud of muself for bringing a new life into the world.

l am grateful for the love & support of those around





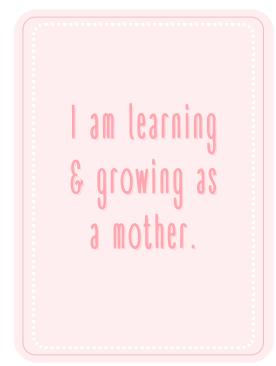


l honor mu bodu for the amazing work it has done.

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

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

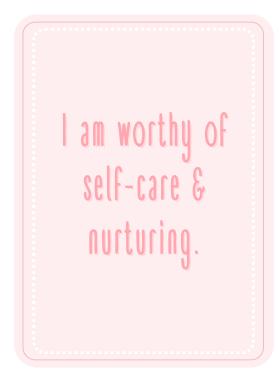




I trust the iourney of motherhood & know that it will have ups & downs.

l am grateful for the bond between me & mu child.

am proud of muself for every little accomplishment.

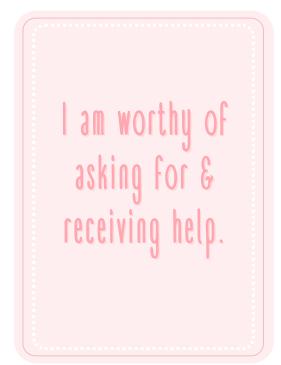


l am doing the best I can for muself & mu baby.

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

l am grateful for the little moments of iou in each day.

I trust that everything will work out as it is meant to be. I am capable of handling whatever comes mu wau.



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

l am grateful for the love & support of mu partner.

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

l am grateful for the opportunity to acom & fearn as a mother.

am allowed to take breaks when I need them.



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

l am grateful for the new bond between me & mu partner as parents.

am proud of muself for each step of this ourneu.

I trust in mu own intuition & knowledge as a mother

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

I am worthy of love & compassion for muself & mu baby.

am grateful for the iou laughter that baby brings into

am doing my best to he present & enjou each moment.

l am proud of muself for the sacrifices I have made for mu baby.

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

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



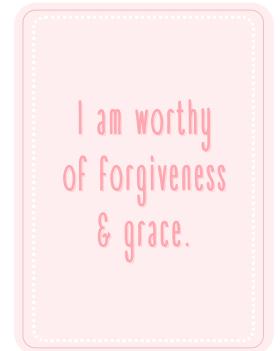
l am grateful for the moments if neace & calm amidst the chaos.

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

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

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

l am allowed to make mistakes & learn from them.



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

l am doing my best to let ao of expectations & emprace reality.

am proud of muself for each every accomplishment, big or small.

I trust in mu own strength resilience to overcome and challenge.

I am allowed to orioritize mu own needs & well-being.

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

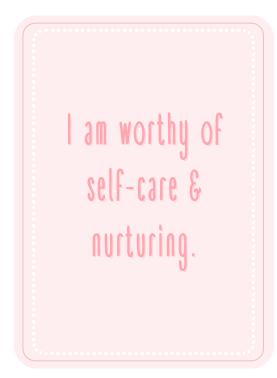
l am grateful for the beauty & wonder of new motherhood.

l am doing my best to stau oresent & mindful in each moment.

l am proud of muself for embracing the challenges & jous of motherhood.

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

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



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

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

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

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

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

I am worthy of taking the time to celebrate MU OWN accomplishments as a mother.