

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.