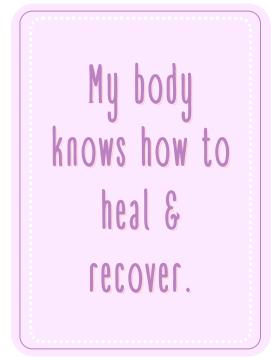
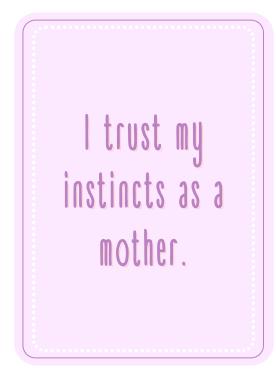
lam strong, capable, and resilient.



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

l am grateful for the love & support of those around Me.



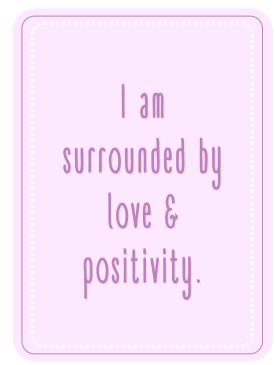
I am doing the best I can & that is enough.



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.

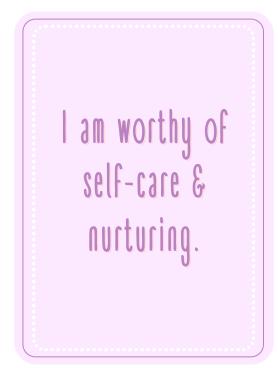


l am learning growing as a mother.

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

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

I am proud of myself for every little accomplishment.



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

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

l 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.

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

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

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

l 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.

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

l 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.

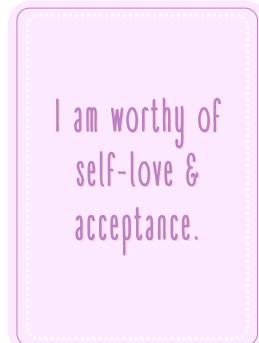
l am grateful for the joy & laughter that my baby brings into my life.

l 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 & emptace imperfection.



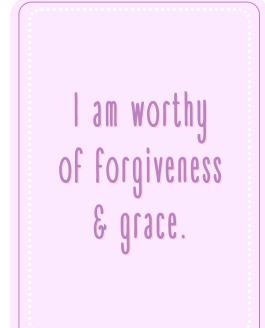
l am grateful for the moments if peace & calm amidst the chaos.

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

l 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 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.

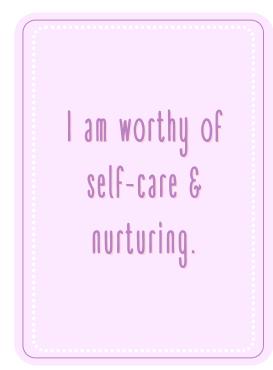
l am grateful for the beauty & wonder of new motherhood.

l 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 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.