



# 10 Affirmations to Use in the Mornings



pick one affirmation each morning a recite it in the mirror before your day begins

1 I am a capable, kind & loving mama

2 I love & respect myself

3 I am doing my best

4 I take care of myself so I can lovingly take care of others

5 I am allowed to say *no*

6 It's ok to slow down

7 When I stay **positive** & without judgement, I have a better day

8 I am worthy

9 Today I **choose** to see the best in me, my child & everyone I interact with

10 I **connect** with my children through listening & holding