

# THINK POSITIVE

Positive Daily Affirmations for New Moms

- ☀ This will get easier.
- ☀ Today is only one day. I have the rest of my life (and their lives) to be the parent I want to be.
- ☀ Every moment with this being is precious. Soak it in, cherish it, and remember it.
- ☀ I will ask for help if I need it.
- ☀ Instead of worrying what I'm doing "wrong" I'm choosing to see what I'm doing right.
- ☀ I am more than my body. I am strong. I am a mother.
- ☀ I can trust my maternal intuition.
- ☀ I am grateful for my body and it's ability to create and sustain life.
- ☀ I am doing the best that I can for my child and it is enough.
- ☀ I will take care of myself in order to take care of my child.

Repeat these daily and have faith in yourself. Good luck on your journey!  
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