

# I AM A MOM

I TAKE  
CARE OF  
MYSELF &  
MY NEEDS

MY FAMILY  
APPRECIATES  
AND LOVES  
ME EVEN  
WHEN THEY  
FORGET TO  
TELL ME

I AM  
DOING AN  
AMAZING  
JOB

I AM  
LEARNING  
TO BE A  
BETTER  
MOM  
EVERY  
DAY

I HAVE PATIENCE  
FOR MY  
CHILDREN TODAY

I LOVE  
HOW  
MUCH JOY  
MY  
CHILDREN  
BRING ME

# I AM A MOM

I AM  
ALLOWED  
TO ASK  
FOR HELP

I AM NOT  
PERFECT BUT  
I AM  
EXACTLY  
WHAT MY  
CHILD NEEDS

I DESERVE  
TIME TO  
RELAX

I DO  
WHAT I  
CAN;  
BEING  
PERFECT  
DOES NOT  
EXIST

ALL THAT I  
NEED IS  
WITHIN ME

EVERY  
THING I DO  
SERVES A  
PURPOSE  
FOR MY  
FAMILY