

Affirmations for New Moms

The early days of motherhood can bring both joy and challenges. Practicing affirmations can help you foster self-compassion and positivity as you navigate this new chapter. Below are some affirmations to support your well-being, with space for you to check off those that resonate and create your own.

1. Affirmations for Self-Compassion:

Choose the affirmations that resonate with you:

- ☐ I am doing the best I can, and that's enough.
 - ☐ It's okay to ask for help when I need it.
 - ☐ My worth is not defined by how much I get done.
 - ☐ I am learning and growing every day.
 - ☐ I deserve care and rest, just like my baby.
 - ☐ Other: _____
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2. Affirmations for Navigating Challenges:

Check the affirmations that help you when facing difficult moments:

- ☐ I can get through this one step at a time.
 - ☐ I am stronger than I think.
 - ☐ It's okay if today is hard, tomorrow is a new day.
 - ☐ I trust myself to make the best decisions for my baby.
 - ☐ I can embrace imperfection and be kind to myself.
 - ☐ Other: _____
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3. Affirmations for Balancing Roles:

Choose the affirmations that support you in balancing the different roles in your life:

- ☐ I can be a loving parent and take care of myself too.
 - ☐ It's okay to focus on myself sometimes, it makes me a better parent.
 - ☐ I am allowed to set boundaries that protect my energy.
 - ☐ I am more than just a parent, I am a whole person.
 - ☐ I trust that I can find balance in my own way.
 - ☐ Other: _____
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4. Creating Your Own Affirmations:

Take a moment to create some affirmations that feel personal and meaningful to you:

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Affirmations are a simple yet powerful tool to nurture your mental health and well-being. Check back with these affirmations whenever you need a reminder to be kind to yourself and embrace your journey as a new mom.

