
LOVE LIFE AND LITTLE FEET

MANTRAS FOR MUMMAS

What you say to yourself matters. The power of positive internal self-talk is real and can boost your confidence and energy levels when you are finding motherhood tough. Here are some mantras you can repeat to yourself when things get tough.

I can handle this situation

I know what to do here

I am enough

Breathe deep

This too shall pass

Accept what is in this moment

I have a choice here

I am doing a great job