Mindful Mama Affirmations and Mantras: co-creating our best self!

What is an Affirmation? **Affirmations** are positive, specific statements that help you to overcome self-sabotaging, negative thoughts. They help you visualize, and believe in, what you're affirming to yourself, helping you to make positive changes to your life and career. Affirmations are typically statements that begin with statements such as ‘I AM….’ and are spoken about in the present tense.

What is a Mantra? A Mantra is a saying or phrase that helps guide how you feel or show up in the World. A Mantra can help to bring us back to the moment, become present, or simply serve as a reminder to be accepting, loving, and working toward peace.

Why are Affirmations and Mantras helpful for Mindful Moms? Affirmations and/or Mantras are helpful for our journey of Mindful Mothering because they help align our spoken word to how we feel and show up throughout the day. They serve as a daily reminder and message to create our best self. Affirmations provide an energetic message to the Universe that this is what we desire and are in the process of co-creating!

-I am great Mom!

-I am enough.

-I wake up with a grateful heart.

-I am in the moment with my kids.

-I lead my life with purpose, peace, and love.

-I am a magnet for financial abundance.

-Everything I need is within me.

-Just BE HERE

-Just BE.

-Let LOVE in.

-Just breath.

-I choose joy in this moment.

What is it that you most desire in your life?

How do you want to feel during the day?

What are some statements that help drive you during your day?

Let’s create our own! Below please create 5-10 statements that resonate with you. Make sure to use present tense and statements such as ‘I AM!’

Hang these in a place where you see them daily. Repeat out-loud first thing in the morning, and right before you go to bed. Watch as you begin to create the reality you so deeply wish to have!