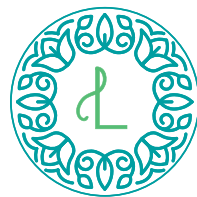


# 10 Mommy Affirmations



- 1 I am enough
- 2 My parenting mistakes and missteps are simply opportunities for growth
- 3 My happiness is a journey and not a destination
- 4 There are no perfect kids and no perfect parents
- 5 Failure is a mindset, let it go
- 6 My mistakes ≠ failure
- 7 Self-care is not selfish
- 8 I'm not on this parenting journey alone
- 9 I got this
- 10 I'm a mom, not superwoman, and I still get 'ish done



*Dr. Leesha*

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