

Positive Affirmations For The New Mom



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How Positive Affirmations For The New Mom Can Help You

Isn't it great to know you are doing everything perfectly as a new mom and have complete self confidence in your skills and abilities? What?? You mean you have doubts? You sometimes feel afraid you're doing it wrong? Maybe even sometimes feel (gulp) inadequate?!

Well, it may come as a surprise to you, but that is reality for most new moms, and it's perfectly normal to feel that way at times. After all, no matter how many baby instruction books are out there, not one teaches you how to do *everything* right in *every* situation.

So, now that you recognize and accept that you are a normal human being, how do you go about feeling confident and accepting of yourself at the same time? One tool you can use on a regular basis as an aid to feel more confident and loving toward yourself is positive affirmations.

Positive affirmations are a wonderful way to help you overcome fear, boost confidence, and develop a mindset of positivity. Affirmations are quite simply positive statements or declarations. You can use these positive statements to help shift your thoughts and emotions to a more positive place so

you feel more confident, happy, secure, healthy, or anything else you're trying to accomplish.

Using affirmations on a regular basis is a powerful technique for change. Your subconscious mind does not recognize the difference between an actual experience and a positive or negative thought, so you have the opportunity to re-program your subconscious mind and remove negative or limiting beliefs using positive affirmations. Some suggestions for how to use them are:

- ❖ Repeat them often. Using positive affirmations repetitively will embed them into your subconscious mind
- ❖ Be passionate as you say your affirmations, and *feel* the emotion as if you have already accomplished the affirmation
- ❖ Believe in your affirmation and anticipate the success

To be most effective, you should perform your affirmations immediately upon waking and just before you drift off to sleep.

I hope you enjoy and benefit from these positive affirmations for the new mom!

With love,

Laura

Positive Affirmations For The New Mom

I am the perfect mother for my baby.

Today I choose to honor my beauty, strengths and uniqueness as a mom.

I am growing into a more beautiful mom every day.

Flaws are transformed by love and acceptance.

I choose to see the divine perfection in every part of myself.

I have a natural level of self belief.

Fear is only a feeling; it cannot hold me back.

I know that I can master anything if I do it enough times.

Today I am willing to accept my imperfections.

I have the strength to take care of all of my baby's needs.

Positive Affirmations For The New Mom

I'm proud of myself for attempting new things.

Today I put my full trust in my inner guidance.

I grow in strength with every forward step I take into motherhood.

I release my hesitation and make room for triumph.

I believe in myself as a capable and wonderful mother.

My day is filled with a limitless potential of joy, happiness and love.

I value my unique skills and talents.

I am meant to be a great mother.

I am limited only by my vision of what is possible.

Today I present my love, passion, and joy to motherhood.

Positive Affirmations For The New Mom

I am learning to be a better mother every day.

I fulfill my purpose as a mother by starting here, right now.

I am good enough in all that I do.

Today I embrace all that I am.

I am filled with a mother's light of love, peace and joy.

Peace comes when I let go of trying to control every tiny detail.

Where peace dwells, fear cannot.

Today I release expectations of perfection.

My mother's intuition leads me to the right choices.

Today I see each moment as a new opportunity to express my greatness as a mom.

Positive Affirmations For The New Mom

I always see the positive aspects of motherhood.

Today I awaken to my higher wisdom.

My inner voice guides me in every moment.

I am centered, calm and clear.

I am grateful for the baby in my life.

I am open to divine guidance.

Today I am completely tuned in to my inner wisdom.

I trust my feelings and insights as a mother.

I love taking good care of myself for my baby and me.

I have strength, health and vitality.

I have a balanced mind, body and spirit.

I like how I mother my baby more each day.

Positive Affirmations For The New Mom

Self confidence begins with a conscious choice.

I know that am the best mother I can be.

I exude confidence as a mother.

I am able to easily handle any problem I face.

I face difficult situations with courage and conviction.

I am full of energy.

I treat myself with kindness and respect.

I love the unique mom that I am becoming.

I honor the best parts of myself and share them with others.

I'm proud of all I have accomplished.

I appreciate my wonderful life more each day.

I am brimming with confidence.

Positive Affirmations For The New Mom

Today I give myself permission to be greater than my fears.

I speak kindly to myself.

I am focused on making my baby happy.

I love myself no matter what.

I am a strong and loving mother.

I am my own best friend.

I recognize and appreciate the qualities, traits and talents that make me unique.

I give myself permission to shine.

I am successful in taking care of my baby.

I am a natural mother.

I have unlimited patience.

I have excellent mothering skills.

I give myself credit for all I have learned as a mom.

Positive Affirmations For The New Mom

I easily adapt to the changes that new motherhood brings.

I feel positive in new situations.

My internal dialogue is loving, forgiving and kind.

I sleep deeply and restfully every night.

I wake up loving my life.

I allow others to help me with tasks.

I am grateful for the miracle of my body.

I am healthy and energetic, and enjoy the activities of my daily life.

My baby's cries sound like music to me.

Being a good mom means I nurture myself and take care of my needs also.

I love and accept all of my thoughts and feelings.

Positive Affirmations For The New Mom

Create your own positive affirmations!

I love that I _____.

I am getting really good at _____.

Every day I realize that _____.

No one _____ like I do.

Today I have _____.

I value my _____.

**My _____ is my greatest
quality as a mother.**

I am successfully learning to _____.

I find time every day to _____.

I focus on _____ today.

Today is the best because _____.