



# **BEST AFFIRMATIONS FOR MOMS**

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*by Crystal Mender / [lovemoreliveblessed.com](http://lovemoreliveblessed.com)*

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Why should you use a daily affirmation?

## 1. **Tops reasons to use affirmations**

Affirmations help you reprogram your subconscious mind and believe positive things about the world and your life within it.

**My mantra/affirmation for 2018 is this: I am love. I am calm. I reflect positivity into my world.**

The basic idea is this: when you feel good about yourself and you have a positive attitude, your life will fall into place.

Everything might not be perfect, but your mindset will help the way you see your life.

**Find more positivity resources on my A Year Of Positivity series:**  
[www.lovemoreliveblessed.com](http://www.lovemoreliveblessed.com)

## 2. **How to use this book**

- Pick a few you love and repeat them throughout your day.
- Use 1 per day as a journaling prompt.
- Write 1 mantra per day in your planner. – My FAVORITE way to use affirmations!
- Say your mantras to yourself while getting ready.
- Use them when you're in a difficult situation.
- Write the mantras in your notes app on your phone.

## Affirmations for Positivity

- I am a happy and loving mom.
- It's simple for me to express love to my family.
- I choose to see the best in my children.
- I accept my children just as they are.
- I am changing my habits by changing my thoughts.
- I attract positive people into my life.
- I am a confident and positive person.
- I am a positive and loving role model to my family.
- I deserve all the good things happening in my life.
- Good things happen to me all the time.
- I am healthy in body, mind and spirit.

- I have abundant energy and a healthy lifestyle.
- I am grateful for my abundant and beautiful life.
- I feel happy when I think of everyone in my life; my life is full of love.
- I am passionate about what I do.
- I am attracting wealth, positivity, generosity and abundance into my life.
- I am grateful for the opportunity to connect with my friends.
- I am positive and gracious when communicating with others.
- I can let go of my past and acknowledge experiences as a chance to grow.
- I live my life in the here and now.
- I am a physical manifestation of peace and love.
- I am loving. I am kind. I am forgiving.