

Thriving Mama Mode Manifesto



I am enough.
I am more than enough.
I am more than my behaviors, choices, circumstances and personal history.
I have gifts and abilities unique to me to share with my family and the world.
I am committed to taking care of my physical, emotional, mental, social and spiritual well-being.
Taking care of myself is not selfish or wrong, nor does it take away from my family.
When I take care of myself, doing what is needed to be healthy, restored and happy;
I am able to care for my family with intention and meaning.
When I respond to myself and others from a place of thriving rather than surviving,
I am giving myself and my family an enormous gift.
Taking care of myself is a practice, a belief, and acknowledgment that,
I matter.
My needs matter.
My well-being matters.
Sacrificing self-care disrupts my well-being and creates an unhealthy cycle in my life of depletion,
creating an environment of surviving instead of thriving.
Even when I am defined by my roles and responsibilities,
I acknowledge it is essential it is to care for myself.
When I take care of myself, I am teaching my family a valuable lesson;
we are responsible for knowing and learning how to take care of ourselves.
My example to care for myself is a powerful lesson I pass on to my family.
When I take care of myself, with intention, I create a loving space where I can THRIVE.
Learning to thrive in motherhood is not about perfection or the absence of mistakes, obstacles or setbacks.
Instead, when these things happen, I will respond to the situation with compassion and curiosity to learn and re-adjust my plan to thrive as needed.
Thriving in motherhood is about intention.
Thriving in motherhood is knowing myself and putting into action what I need to feel joyful, calm and happy in motherhood.
Because my health and well-being matter.
And, I matter so very much.

Signature:

Date:

