Thriving Mama Mode: Self-Compassion Reminders

I am enough.
I am more than enough.
Even on days when I struggle the most, I matter.
I matter even when I am doubting myself and when I am having a tough day, watching the clock until bedtime.
I matter more to my children even on the days I don't think so.
I matter when I've made mistake or had a setback.
I matter more than I know on these days and in these moments.

5 Self-Care Skills that keep me in Thriving Mama Mode:

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- .....
- .....

Coping skills and strategies to reduce stress:

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- .....
- .....

When I need a boost, the supportive people I can reach out to:

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- .....
- .....
- .....

Joyful memories in my life include:

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- .....
- .....

When Stressed, Remember: Breathe. Count to 10. Before you speak to yourself or others ask yourself: Is it Kind? Is it True? Is it Necessary?

Self-compassion is giving ourselves the same kindness, empathy and love we give to others.

Obstacles and setbacks are part of life. I can move through and around pauses, reversals, and stops in my Motherhood journey are:

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- .....
- .....
- .....

I feel happiness when:

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- .....
- .....
- .....