

# Mindfulness For Mom

Replace the word Mom with whatever title fits you

- ✧ Try some positive affirmations. Tell yourself:
  - ✧ I am a great mom. (say this 5 times)
  - ✧ I am an excellent mom. (say this 5 times)
  - ✧ I am an outstanding mom. (say this 5 times)
  - ✧ I am a confident mom. (say this 5 times)

No matter where we are on our parenting journey, self-doubt will creep in. How do we make it go away?

Consider your thoughts as just words.

These negative thoughts that come into your mind are not the hard and fast truth. They are just words.

Try this exercise to de-fuse or separate your thoughts from your actual self.

**“I’m having the thought that...”**

When a negative self-thought comes into your mind, rephrase it & include one of these carrier phrases:

“I’m having the thought that...”

“I notice I’m having the thought that...”

Distance your true self from these negative untruths.

“I’m having the thought that I’m not handling this problem correctly.”

“I notice I’m having the thought that I’m just a mom failure.”