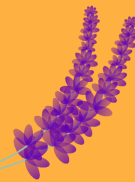
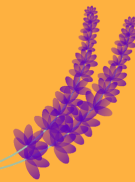


50 Thoughts Confident Moms Think



1. There's not a right or a wrong way to parent, there's just parenting.
2. I accept myself unconditionally, today.
3. I am the perfect mother for my child.
4. I am proud of the mother I am.
5. I love my children unconditionally.
6. I don't have to prove anything to anyone.
7. It is okay for people to be wrong about my parenting choices.
8. I know exactly what to do with this child.
9. The only way to fail as a mother is to quit.
10. There is no rush.
11. It's okay to parent my way.
12. I am willing to be not perfect at parenting for as long as I need to be.
13. No one else can teach my children the way I do.
14. I am not going to compare myself with someone else.
15. My children are perfect for me.
16. I will always know what is best for my children.
17. I am allowed to feel good whenever I choose.
18. Confidence is mine for the taking.
19. Love is always an option.
20. Of course I can do this.
21. I wonder how I can better help my children.
22. There is more than one way to parent my child.
23. I have everything I need within me to figure this out.
24. I can be calm when my child is upset.
25. I don't have to agree with other's parenting choices.

50 Thoughts Confident Moms Think



26. Being a mom is helping me grow and improve every day.
27. My child's choices are not a reflection of my parenting.
28. My child's mental health struggles are not my fault.
29. I get to choose however I want to feel about this child.
30. I am not alone in raising this child.
31. I can choose how I want to show up as a mother.
32. I know exactly how to handle this situation.
33. It is not selfish to take care of myself.
34. I can be the mother I want to be.
35. It is not weakness for me to get help when I need it.
36. It's okay to not do it all.
37. I don't have to parent the same way others do.
38. I am the best person to make this decision for my child.
39. It's okay to take a night off.
40. My only job is to love my children unconditionally.
41. I can figure this out.
42. I've got this.
43. I will know when I need to know.
44. There is always a way to make this task fun.
45. It's possible to be friends with my child and be their mom.
46. All the happiness in the world is available for the taking.
47. I know exactly how to improve my relationship with my child.
48. I love to solve problems.
49. Every problem has a solution.
50. I am going to keep trying, even when things are hard.