



Affirmations for new and expectant mothers

I trust in my
body's ability
to nurture and
protect my
baby

I embrace the
imperfections
of motherhood,
knowing they
are part of the
journey

I forgive
myself for any
mistakes and
trust in my
ability to
learn and
grow

I allow myself
self-care and
rest, knowing
that it benefits
both myself
and my baby

I trust in the
natural flow of
motherhood,
knowing that
each phase
has its own
challenges
and beauty

I embrace the
challenges of
motherhood as
opportunities
for growth and
transformation

I am a source
of comfort,
security, and
unconditional
love for my
child