



My Reminders

You can't do everything, so don't even try to.

You're not alone.

It's okay to be disappointed.

Stop being too hard on yourself.

Your body is a powerhouse.
Look at all it's done, and what it continues to do.

Give yourself some props. Being a mom ain't easy.



Your baby loves you anyway.

You deserve help and more support.

Whatever it is, it can wait.

It's okay to need a break.

Let go of what you can't control.

You are always learning and growing.



Self-care is SO important.



Motherhood is not about
perfection.

Motherhood is not the end of
self.

You are worthy of love and
praise.

Struggling does not mean
failing.

Your frustration is
temporary.

You will get through this.



You are stronger than you know.