30

Single Mum

AFFIRMATION CARDS

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I am doing the best I can with what I have, and that is deeply enough.



My worth
is not measured in
dishes, emails, or
to-do lists.



It is okay
to be tired.
It is okay
to need help.
It is okay to rest.



I release the idea of the "perfect mum." My love is what makes me a good mum.



I can make mistakes and still be a safe, loving home for my child.



I speak to myself the way I would speak to a friend I adore.



I am allowed to feel everything I feel and still be a wonderful mum.



Today, I choose

gentleness over

guilt.



I am both soft and strong, and that is my superpower.



I have already survived my hardest days. I trust my strength.



I carry this family

with courage,

creativity, and grit.



I am the anchor in the storm, even when the storm is inside me.



Every small step I take for us is an act of bravery.



I make powerful
choices for my
child
and for myself.



I can do hard things, and I don't have to do them all at once.



My needs matter.

Taking care of me

is also taking care

of my child.



I am allowed to say no without explaining or apologizing.



I will not shrink

myself to keep

other people

comfortable.



I trust my intuition. I am the expert on my child and our life.

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PHOTOGRAPHY

I can rewrite the story I was given and build one that honors us.



My child is loved,

held, and chosen.

That love

is our foundation.



Even on chaotic

days, there are tiny

muments of magic.

I look for them.



Our family may look different, but it is whole, real, and beautiful.



I am building a life where both my child and I get to grow.



I don't have to have it all figured out. I can figure it out as I go.

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There is a future version of me who is so proud I kept going.



I am worthy of peace, joy, support, and softness right now, not "one day."



I am not

"too much"

or "not enough." I

am exactly who

my child needs.



I can set this burden down for a mument and still be a good mum.

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I am allowed to outgrow old versions of me and step into my power.

