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AFFIRMATIONS
FOR PARENTS



I AM A GOOD
PARENT AND I AM
DOING MY BEST.



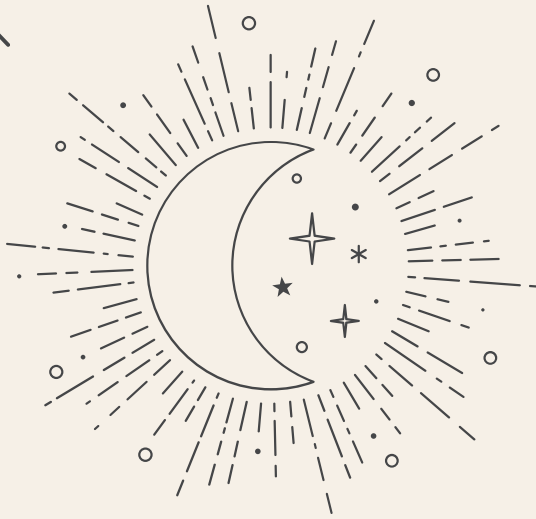
I AM PATIENT AND
UNDERSTANDING
WITH MY CHILDREN.



I AM GRATEFUL FOR
THE MOMENTS OF
JOY AND LAUGHTER
WITH MY FAMILY.



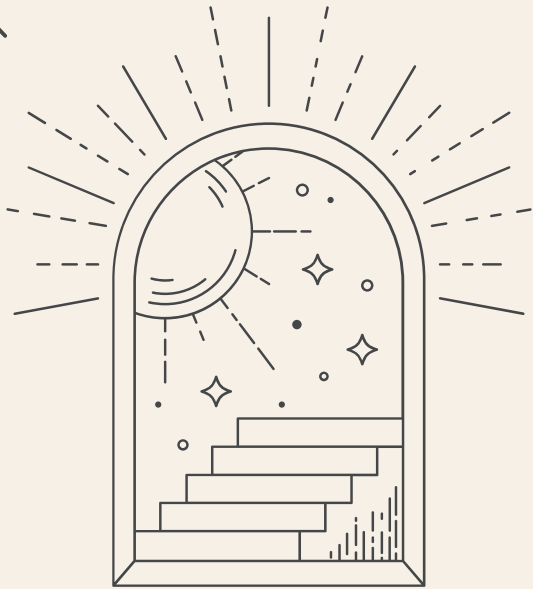
I AM PROUD OF
THE PARENT I AM
BECOMING.



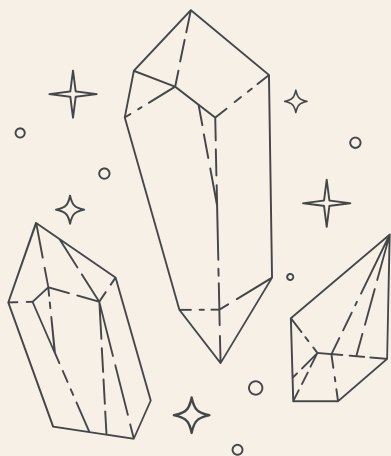
I AM KIND AND
COMPASSIONATE
TOWARDS
MYSELF AND MY
CHILDREN.



I AM MAKING A
POSITIVE IMPACT
IN MY CHILD'S
LIFE.



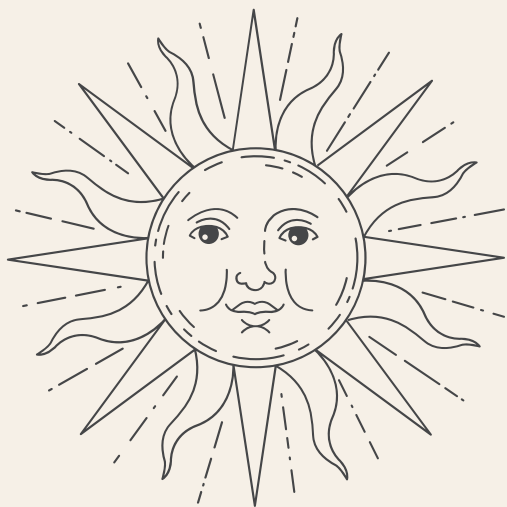
I AM STRONG AND
CAPABLE OF
HANDLING
WHATEVER COMES
MY WAY.



I AM ABLE TO
BALANCE MY
OWN NEEDS WITH
THE NEEDS OF MY
FAMILY.



I AM CREATING
A SAFE AND
LOVING
ENVIRONMENT
FOR MY
CHILDREN.



I AM AN
EXAMPLE OF
LOVE, PATIENCE,
AND KINDNESS
TO MY
CHILDREN.



I AM ABLE TO
FORGIVE MYSELF
FOR MY MISTAKES
AND LEARN FROM
THEM.



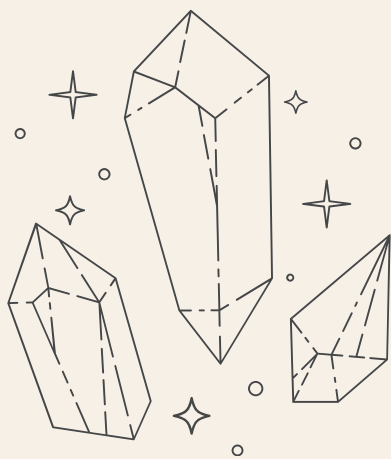
I AM CONFIDENT IN
MY ABILITY TO
HANDLE ANY
SITUATION THAT
ARISES.



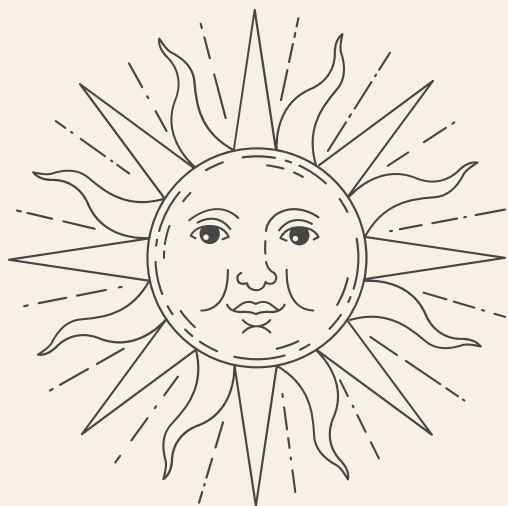
I AM TAKING CARE
OF MYSELF SO
THAT I CAN BE
THE BEST PARENT
POSSIBLE.



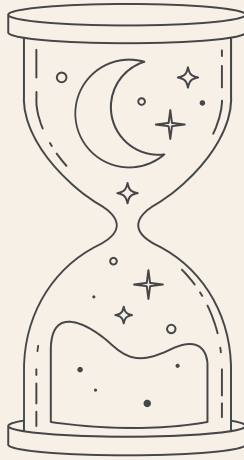
I AM DOING MY
BEST TO PROVIDE
FOR MY FAMILY.



I AM WORTHY OF
LOVE AND
SUPPORT, BOTH
FROM MYSELF AND
OTHERS.



I AM ABLE TO SET
HEALTHY
BOUNDARIES WITH
MY CHILDREN.



I AM OPEN AND
HONEST WITH MY
CHILDREN.



I AM ABLE TO LET
GO OF THINGS
THAT ARE OUT OF
MY CONTROL.



I AM ABLE TO FIND
JOY IN THE SIMPLE
MOMENTS OF LIFE.



I AM PROUD OF
THE PERSON I AM
AND THE PARENT I
AM BECOMING.




I AM ABLE TO ASK
FOR HELP WHEN I
NEED IT.



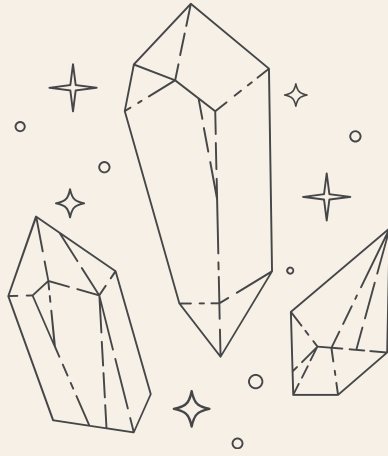
I AM ABLE TO
HANDLE MY
EMOTIONS IN A
HEALTHY AND
CONSTRUCTIVE
WAY.



I AM ABLE TO
COMMUNICATE
EFFECTIVELY WITH
MY CHILDREN.



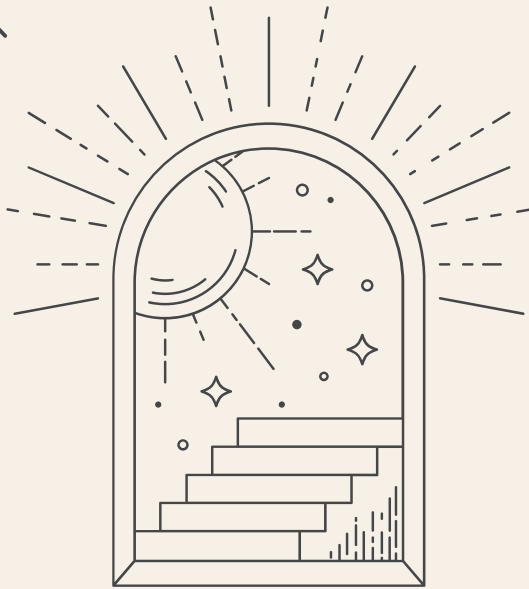
I AM ABLE TO
PRIORITIZE SELF-
CARE WITHOUT
FEELING GUILTY.



I AM ABLE TO FIND
BALANCE IN MY
PARENTING AND
PERSONAL LIFE.



I AM ABLE TO
TEACH MY
CHILDREN
IMPORTANT LIFE
SKILLS.



I AM ABLE TO
SHOW MY
CHILDREN
UNCONDITIONAL
LOVE.



I AM ABLE TO
MODEL HEALTHY
BEHAVIORS AND
HABITS FOR MY
CHILDREN.



I AM ABLE TO
LEARN AND GROW
AS A PARENT AND
AS A PERSON.



I AM ABLE TO FIND
GRATITUDE AND
JOY IN THE
JOURNEY OF
PARENTHOOD.