

Paint Her in Color



MANTRAS FOR MAMAS

Paint Her in Color

I AM

doing a good job

Life is messy, and I'm not perfect. But I am trying my best, and I am loved.



I CAN

ask for help

I do not have to go it alone. Others are here to support me and lift me up.

I WILL

be kind to myself

I will treat myself with the kindness I deserve. I will celebrate my love for my family.



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