



HOMESCHOOL MAMA DAILY AFFIRMATIONS

"I'm a patient and loving parent. I am patient and loving to myself too.
I'm not bound in any way by my past, or by imperfect parenting that I may have received.
I am free to decide what kind of parent I will be.

I completely and fully forgive my own parents for any pain their own insecurities or unhealed issues might have caused me.

Every day I am becoming a better parent.
I seek to bring all aspects of my life into harmony.
I am moving towards, and embracing more and more good each day.

I wake every morning with gratitude, especially gratitude for being a parent.
I am grateful for each of my children and the opportunities that each of them offers me to become more whole.
I am grateful for those unhealed parts of me that my children sometimes bring out of me, because the more I know about myself, the more quickly I can heal and improve.

My home is filled with light and love. I allow this light to flow through me, and in all that we do together.
My home is filled with laughter, with joy and with celebration.
I know that if I could see each of my children in their fullest potential, I would stand in awe.
I choose, now, in this moment, to choose to have eyes to see them this way.

I take time outs whenever I need them to refocus on who I am becoming and to fill my mind and my heart with light.
I keep my mind firm and focussed on what I really want out of each situation. I know that what I really want is harmony, love and increasing relationships with each member of my family.

I am preparing my children to become healthy, happy, and capable adults.
I choose to see each of my children in their fullest potential and as I do, they begin to see themselves that way.
I focus on the good, and the best, and the unique in each of my children, and I am their biggest fan.
I discipline with love, never out of anger or rage. I follow all discipline with an outpouring of love.

There is never anything that my children could ever do that would make me love them less.
I seek guidance when I need it.
I am the perfect parent for my children. I am uniquely qualified with what they need most from a parent.

My value and worth as an individual is completely separate from my children's successes, or failures.

I love being inside my own skin as a loving parent. It is an expression of my deepest and best self.
I am committed to my own emotional and physical health. And my healing directly impacts my joy as a parent.
I am not a victim of my circumstances. I am free to navigate my own course in parenting.

I forgive myself for all of the mistakes I have made as a parent.
Each mistake provides valuable information towards my own healing.
I look to great role models as I move forward as a parent.
I look to God, for guidance and direction. I know that my children are not my own.

I take time daily to fill deeply from the wells of truth that surround me.
My greatest joys are in the walls of my home. I find pleasure in the little things. And I smile and laugh freely.
I see each of my children as unique and one of a kind. I see within them their fullest potential.
I see myself as unique and one of a kind. I focus not on my past mistakes, but what I am becoming.
I believe in miracles and I expect them."

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SELF-CARE PLAN

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OBSERVED THOUGHTS:

UNDERLYING NEEDS:

PRACTICAL INTENTIONS:



homeschool mama SELF-CARE PLAN

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