AFFIRMATIONS FOR MOMS

by Sheryl Gould

moms of tweens and teens



hey there!

I'm Sheryl Gould and I'm so happy that you're reading this!

If you don't know me I'm Parent Educator, certified Relationship and Parenting Coach, Author, podcast host and Founder of Moms of Tweens and Teens.

I've been married for 36 years and have three adult kids, four grandkids and a lovable standard poodle who often shows up at my workshops!

I believe that when moms support moms, it creates a ripple effect that transforms lives, impacting entire families for generations to come.

I know this firsthand because I went through a really challenging time with my oldest. It was then that I realized I needed support and guidance. Through years of personal growth and joining a moms group, I saw firsthand the positive changes in myself, my kids, my husband, and everyone around me.

For over 18 years, I've worked with moms to provide practical tools, grounded in research and real-life stories, to help understand and communicate with tweens and teens. My mission is to help you raise emotionally healthy, happy, and responsible adults.

I offer one-on-one coaching, resources, workshops, and a supportive Moms of Tweens and Teens membership community for moms raising tweens and teens.

I'd love to support you – feel free to reach out to me at sheryl@momsoftweensandteens.com

xo Sheryl

INTRODUCTION

I'm so happy that you're taking the time to affirm yourself today. As moms, it's so easy to be hard on ourselves. We often wonder if things are our fault, if we could've done more, or if we made a mistake that will affect our kids. That guilt and regret can really weigh us down. But here's the truth—none of us is perfect. We are all a work in progress, and every day is a new opportunity to grow.

I know this personally because I've been there. I've always been someone who is really hard on myself. I often felt overwhelmed with guilt and doubt, questioning if I was doing enough. But I learned that slowing down, taking a breath, and speaking truth to myself has been transformative—not just for me, but for my family too. When I began to practice affirmations, I was able to show up with more compassion, understanding and presence with my kids and family.

Just by downloading these affirmations, you're showing me that you want to be the best version of yourself—and that you're open to learning and growth. What a gift you are to your kids! Let that sink in for a moment. You are doing a great job.

This practice has be a game changer in my life, and I truly want that for you too. When we affirm ourselves, we open up space for positivity, calm, and growth, which impacts every area of our lives—from our relationship with our kids to how we care for ourselves.

So, how can you start using these affirmations to make them part of your routine? Here are a few ideas:

1. **Choose the Affirmations That Speak to You:** Start with the ones that resonate the most with what you're feeling right now. Whether it's finding calm in chaos, feeling worthy, or embracing your strengths—pick the ones that feel aligned with where you're at in your journey.

2. **Say Them Aloud:** There's something incredibly powerful about hearing yourself speak affirmations. Whether you say them in the morning as you start your day or in the evening before bed, affirming your worth and growth out loud can really help you internalize them.

3. **Write Them Down and Keep Them Nearby:** Keep your favorite affirmations written down in a journal or on sticky notes where you can see them regularly. This serves as a gentle reminder of the truths you want to hold onto in the midst of daily life.

4. **Make It a Daily Practice:** Make affirmations part of your routine, just like brushing your teeth. Whether it's part of your morning or nighttime routine, the more consistent you are, the more natural it will become.

5. **Let Go of Perfection:** And remember—this is all a process. There will be days when you forget, and that's okay. Affirmations are about progress, not perfection. They're there to support you, not judge you.

I've found that using affirmations helps me get back to the truth of who I am—loved, worthy, and enough—no matter what challenges I'm facing. You deserve to experience that too. These affirmations are a way to remind yourself that you are doing your best, and that's more than enough.

I am rooting for YOU!

xo Sheryl

Daily AFFIRMATIONS

🌸 Today is a new day. I stay in the here and now and live every moment fully.

🌸 I bless my home with love, warmth, and comfort.

🌸Everywhere I look, I see miracles all around me.

🌸 Rest is good for my soul.

🌸 I radiate joy, light, and peace.

🌸 I have compassion for myself and my shortcomings, and I will do the same with my teen.

🌸 I do not need to, nor can I, be everything for everyone.

🌸 I am deeply loved and accept myself.

🌸 I listen and give my body what it needs.

🌸 God is up to good things in your life.

🌸I rest and relax when I need to.

🌸 I am loved, worthy, and valued.

🌸 I am the most important person in my kid's life—even if they don't always show it.

🌸 When there is chaos around me, I will breathe and choose to be calm.

🌸 I will cherish all the precious moments and embrace the beauty of each one.

Daily AFFIRMATIONS

- I free myself from past mistakes and regrets—I did the very best with what I knew at the time.
- I let go of my agenda and trying to control outcomes. I trust the process.
- It's okay to need, want, and take a break from my family.
- I will love my children, even when I don't especially like them.
- I am doing enough, and I am enough.
- I show up for my kids with love, and that is what matters most.
- I give so much to others, and I also deserve love, care, and rest.
- Taking care of myself is a responsibility I will model for my family—without guilt.
- I am allowed to have needs, desires, and dreams of my own.
- I am not failing—parenting is hard, and I am doing my best.
- I do not have to be perfect to be a great mom.
- I am a good enough mom because perfection is impossible, and "good enough" is the best mom to be.
- I am learning and growing every day, just like my kids.
- I can give myself grace on the hard days and celebrate the small wins.

Daily AFFIRMATIONS

🌸 I choose to focus on progress, not perfection.

🌸 I will focus on affirming my kids for what they are doing right rather than criticizing what they aren't doing.

🌸 Today, I will encourage more than I correct.

🌸 I will celebrate my kids' successes, but I will spend even more time acknowledging and praising **who they are** rather than just what they do.

🌸 My kids' behavior is not a reflection on me, but my response is.

🌸 I cannot control the choices of others—I can only choose how I will respond.

🌸 I have permission to ask for help—I don't have to do this alone.

🌸 I choose to trust that everything is working out for my highest good.

🌸 No matter what I am going through right now, I will get to the other side with God and others' help.

🌸Every moment is a fresh start.

🌸There is enough time for the things that truly matter.

🌸Slow down. Breathe. You are enough.

🌸 I am worthy of joy, peace, and self-care, just as much as anyone else.

🌸 I will be still and know that God is God, and I am not.

Daily AFFIRMATIONS

- I notice and find joy in the simple pleasures all around me.
- Even though I'm overwhelmed, I can do this! I will nurture my soul today.
- I may not see it now, but the time I'm investing in my kids does matter.
- My home is a safe place to be yourself.
- I listen to my body. I honor what it needs.
- It's okay to ask for help. I will ask for help versus being resentful.
- I choose happiness. I will slay this day.
- I am exactly who and what my children need.
- I am proud of myself.
- I open my heart to comfort. I ask and receive it as a gift.
- Happiness is the attitude with which I choose to live.
- I will let go of negative thoughts that stand in the way of my relationship with my teen or a loved one.
- I will live in the gift of the present moment—not the past, not the future. The present is what matters now.
- There is an abundance of resources and guidance to handle whatever comes my way.

Daily AFFIRMATIONS

🌸 I trust myself and my ability to make decisions for my family.

🌸 I am worthy of love, rest, and care.

🌸 I embrace my journey as a mom, with all its ups and downs.

🌸 I will accept my teen and myself without judgment.

🌸 I will trust the process of growth.

🌸 I love my kids deeply, and they don't need a perfect mom—they just need me.

🌸 I will model gratitude and positivity for my family.

🌸 I will be kind, gentle, and open with myself. I will be my own best friend.

🌸 I will forgive myself. I will forgive my teen. I will trust the growth process.

🌸 I will let go of how I think today is supposed to go and accept how it imperfectly happens.

🌸 "Should" will not be in my vocabulary. I will relax and be at ease.

🌸 I will daily ask myself what I want and need and give myself the gift of at least one thing.

🌸 I am already amazing. I will shine my light.

🌸 Everything that is happening in my life is for my highest good.

🌸 I take care of myself so I can show up as my best self for those I love.

Daily AFFIRMATIONS

🌸 I am not defined by my mistakes. I grow and learn every day.

🌸 My best is enough. I am doing enough.

🌸 I am proud of the way I show up for my family, even on tough days.

🌸 I choose to focus on the progress, not the perfection.

🌸 I am grateful for the gift of motherhood, with all its challenges and rewards.

🌸 I choose to forgive myself and release guilt.

🌸 My love for my children is unwavering, even when we disagree.

🌸 I trust that I am exactly where I need to be on this journey.

🌸 I give myself permission to rest, recharge, and refresh.

🌸 I will honor my emotions and care for my mental health.

🌸 I am constantly learning, growing, and becoming the mom I am meant to be.

🌸 I am a role model for my children, and I lead with love, patience, and kindness.

🌸 I am proud of the mother I am becoming each day.

✨ You are created for an abundant and joy-filled life, my friend! ✨

I'd love to hear from you—do you have any affirmations that help ground you in truth? Let me know! 💛
With so much love,
xoSheryl