



# Self-Care Affirmations for Parents

<b>#1</b> I am a great parent.	<b>#2</b> I AM STRONG.	<b>#3</b> <i>I treat myself with compassion.</i>	<b>#4</b> I deserve happiness.
<b>#5</b> I can get through hard things.	<b>#6</b> <i>I trust my inner voice.</i>	<b>#7</b> My home is a place of love.	<b>#8</b> I am enough.
<b>#9</b> I am gentle with myself.	<b>#10</b> I ENJOY THE BEAUTY OF NATURE.	<b>#11</b> <i>I make time for self-care in my daily routine.</i>	<b>#12</b> I ask for help when I need it.
<b>#13</b> I am worthy and I matter.	<b>#14</b> <i>I treat myself and my children with kindness.</i>	<b>#15</b> I AM LOVED.	<b>#16</b> I give myself permission to rest.
<b>#17</b> I am brave.	<b>#18</b> I BRING JOY TO THIS WORLD.	<b>#19</b> <i>I'm making a difference in the world.</i>	<b>#20</b>



# *Self-Care Action Plan for Parents*

## My Signs of Burnout

## My Stress Relievers

## My Support System

## My Inspirations & Helpful Reminders



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