

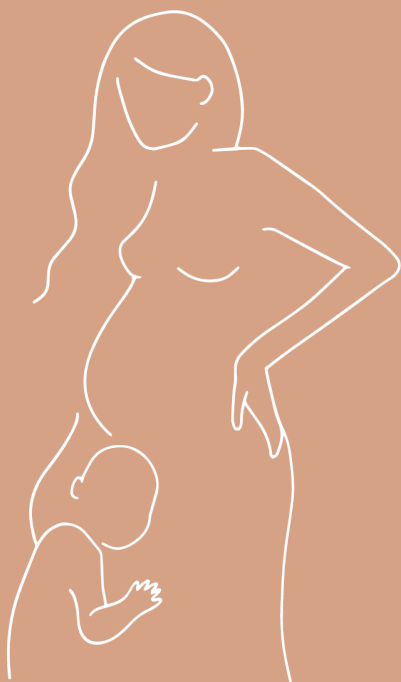


ATLAS *of* MOTHERHOOD

AFFIRMATION  
CARDS

*For Atlas of Motherhood by Leata-Mae D'Avoine*

I honour my body



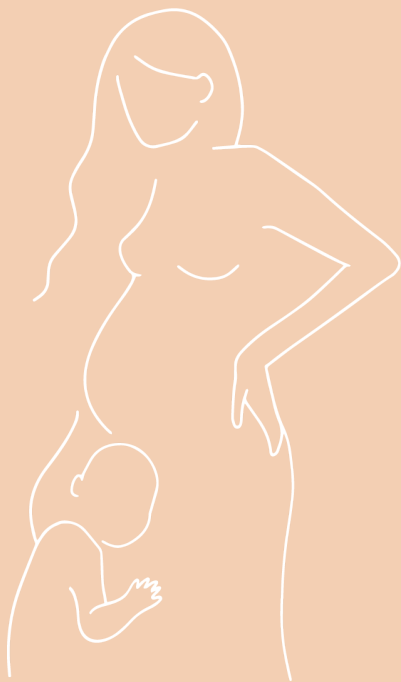
I am enough

I give myself grace



I deserve rest

My intuition  
is information



I'm doing  
a great job

My feelings  
are valid



I will ask for help  
if I need it

