

A soft-focus photograph of a woman with long, wavy brown hair holding a baby. The woman is seen in profile, looking down at the baby with a gentle expression. The baby is looking directly at the camera and has a pacifier in its mouth. Both are wrapped in a light-colored, textured blanket. The background is a plain, light color.

Postpartum

affirmation cards

WELCOME

Hello! Congratulations on your motherhood journey. I know this time can be full of ups and downs, and it's totally normal to feel a mix of emotions. To help you through this period, I've put together some postpartum affirmations meant to uplift and empower you as you step into this new season.

These affirmations are simple reminders of your strength and resilience. They can be a comfort on tough days and a boost on good ones. Please save and/or print them and keep them close. Use them to remind yourself every day of your amazing strength and your deep capacity for love. Remember, you're not alone on this journey.



Amy



How to Use Postpartum Affirmation Cards

1. Choose a card: Select one affirmation card.
2. Read aloud: Read the affirmation out loud or silently to yourself.
3. Reflect: Internalize the message and connect with your emotions.
4. Journal: Write down any insights or reflections.
5. Repeat: Use the cards regularly as part of your self-care routine.
6. Share: Share your favorite affirmations with others.

I am worthy
of love and
support.

I am stronger
than my
struggles.



Each day, I
am healing a
little more.

I trust in my
ability to
overcome.



I am not
alone in
this
journey.



I find strength
in God's
promises during
times of
weakness.

I embrace
progress, not
perfection.



I am resilient,
and I will
emerge
stronger.

Taking care
of myself is
not selfish.

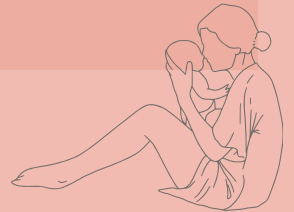


I release self-doubt and embrace my worthiness.

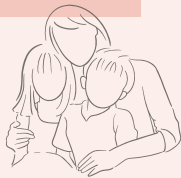


I am strong!!!

I trust in God's timing for my healing.



My feelings are valid.



I am grateful for being a mom.

I know what my child needs.



Joy can be found in darkness.



I trust my mom instincts.



This day will be beautiful.

Others
cannot
negatively
impact my
soul.



Even when
I struggle,
I will keep
going.



Everything
I do serves
a purpose
for my
family.

It is okay
to not feel
okay.



The challenges
I face today
will make me a
better mom
tomorrow.

I am
proud of
myself.

My dreams
and desires
matter too.

Motherhood
has revealed
my
strengths.

It is
okay to
ask for
help.

I am more
than just a
mom.

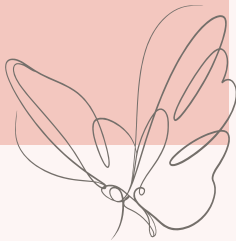


My
confidence as
a mom
grows every
day.

I honor
myself and
the decisions
I make.



I am a work
in progress.



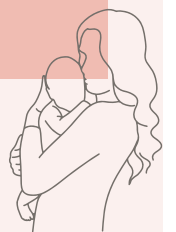
I focus on what
I can control
and make peace
with what I
cant.

I am worthy
of having "me"
time without
feeling guilty.

I am breaking
generational
traumas by
changing myself
for the better.

I will meet
today's obstacles
with patience
and grace!

I release guilt
and shame.



I take
things one
step at a
time



I release doubt
and welcome
faith.

I am thankful
for all that I
have and all I
will
accomplish.

I trust my
intuition.

I find peace
within
myself.



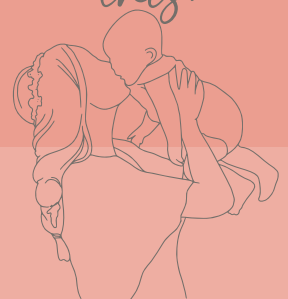
I may not see
it now but the
time that I am
investing in my
child does
matter.

My home
is a safe
space.



My children
will not
remember a
pristine house,
they will
remember the
time I spent
with them.

I am not
alone in
this.



THANK *Thank you*

I'm so honored to play even a small role in your postpartum journey.

I hope that these affirmations bring strength, hope, and healing.

If you would like additional support, please don't hesitate to reach out! I would love to hear from you!

counseling@amybraunlcpc.com
(630) 538-8361
amybraunlcpc.com/contact



Amy

Let's stay connected!



Disclaimer

These postpartum affirmations are provided for educational and informational purposes only. They are not intended to diagnose, treat, cure, or prevent any mental health condition, including postpartum depression. If you are experiencing symptoms of postpartum depression or any other mental health condition, it's important to seek guidance from a qualified healthcare provider or mental health professional in your state or country.

These affirmations are designed to offer support, encouragement, and positivity as part of a holistic approach to well-being. They should not be used as a substitute for professional medical advice, diagnosis, or treatment.

Using these affirmations does not constitute a therapist-client relationship. By using these affirmations, you acknowledge that you have read and understood this disclaimer.

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