




I don't have to
earn self-care.




@mamafiit




I had purpose BEFORE
I became a mom.



@mamafiit



I cannot pour from an
empty cup. I have to fill
my cup first.




@mamafiit




I am the best mom
for my child/ren.




@mamafiit




I am a safe place
to land.




@mamafiit




I can have it all.
_____(name it)




@mamafiit




I'm in purpose, on
purpose, for a purpose.



@mamafiit



It's not anyone's
responsibility to affirm
me. I affirm me.



@mamafiit