

## PEACEFUL MANTRAS FOR NEW MAMAS:

I BREATHE DEEPLY AND MY MIND IS AT EASE.

I CHOOSE POSITIVE THOUGHTS AND ENERGY.

I AM RELAXED, CONFIDENT, AND CLEAR.

MY DAY HAS ENOUGH SPACE FOR EASE AND GRACE.

I REACH OUT FOR SUPPORT THROUGHOUT THE DAY.

MY WELLBEING IS SUPPORTED TODAY.

I AM OPEN TO RECEIVING LOVE AND INSPIRATION.

I AM ALIVE AND PRESENT.

CONNECTION IS AVAILABLE TO ME.

I AM BREAKING FREE FROM OLD BELIEFS AND PATTERNS.

I TAKE ACTION WITH CONFIDENCE AND CLARITY.

I AM STRONG, LOVING, AND CAPABLE.

TODAY IS A GREAT DAY.

I ALWAYS FIND ROOM FOR LOVE.

I BRING JOY TO MYSELF AND OTHERS.

I BRING LIGHT WITH ME WHEREVER I GO.

I AM IN CHARGE OF WHAT I SAY AND DO.

I MAKE THE WORLD A BETTER PLACE.