

AFFIRMATIONS FOR *SLP* MOMMAS

RETURNING TO WORK

All I need to do is- show up and do my best in the moment at work...then I come home and be with my baby. That's it.

I savor every moment with baby and enjoy our special time- on purpose

I don't HAVE to go to work. I am choosing to go because I WANT to support my family.

When I become engaged in work tasks...I feel better

I am an example for my daughter/son

I can do hard things

I can do hard things, and so can she/he/they

When I do hard things...it makes my life easier

When I do hard things, it makes me stronger

It's fine and normal that I miss her/him/them

It's okay that I feel anxious and sad sometimes. I don't have to resist it.

I am a role model; I want to be a happy, healthy mommy who provides for her family

I can make the best of any situation

I am the first person she/he sees in the morning and the last person she/he sees at night

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I know that facing these fears will make them have less gripping control over me

My baby is in good hands

I am teaching her/him and myself strength.

I am teaching her/him and myself courage.

I am teaching her/him love and that she/he is safe

I am increasing my capabilities as a parent and professional

I am truly blessed

There are people who dream for the life I have

I am a fun, happy, loving mommy

I am a fun, happy, insightful teacher and slp

I can take this step by step, knowing it will get easier

I don't have to get everything done right NOW

Things are always working out for me

Breathe