

*Mamashine
Affirmations*

I create the life I want.

I honor and care for my needs.

I am good enough right now.

I take time for the things that really matter and I let go of the rest.

I pause to connect with myself.

www.mamashine.net

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My family thrives when I have great energy.

I renew myself daily.

I make the world a better place when I am balanced and taking care of my needs.

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