

Gabby's Gentle Affirmations for Parents

Growth & Encouragement

- ☐ I grow alongside my children.
- ☐ Mistakes are opportunities to learn.
- ☐ Each day is a fresh start.
- ☐ I am becoming the parent I want to be.

The affirmations I want to work on right now:

1. _____
2. _____
3. _____

Why these matter to me today:

When I will repeat them (circle one):

Morning / During the Day / Before Bed / Anytime I Need a Reset

Tip

Try placing your affirmations somewhere you'll see them—on your phone, your fridge, or tucked inside a planner. Even a few quiet moments of repetition can make a difference.