

30 days of *Encouragement*
for Mom



Simply Mommy

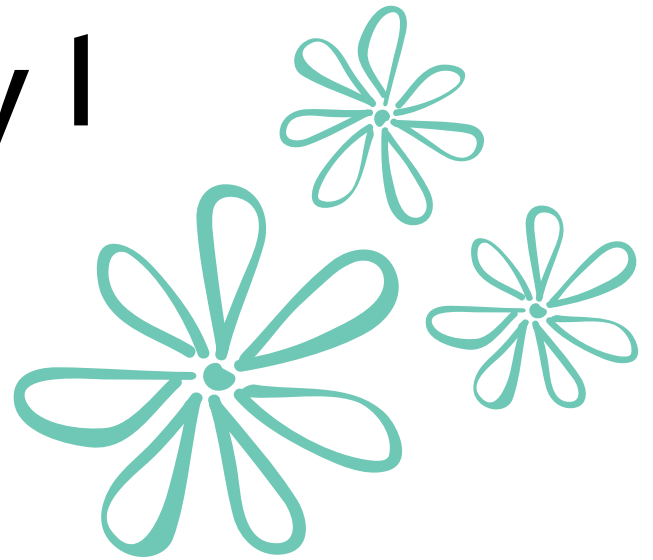
We hope you find within these pages joy, hope, peace, and reason to push each day for the life you want.

“ We want to spark Joy
We want to spark Hope
We want to spark Peace ”

In every mom.

Simply Mommy

Day 1



You are allowed to love your children yet need space from them.

You are allowed to care for and nurture your children and still take time for yourself.

30 DAYS OF ENCOURAGEMENT

**DON'T DENY YOURSELF OPPORTUNITIES FOR
REST. THERE'S NOTHING WRONG WITH TAKING
CARE OF YOU.**

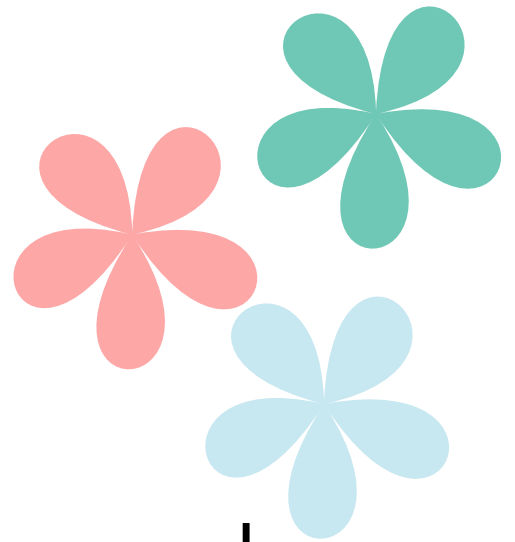
In your own words, remind yourself why it is okay to rest and take care of yourself

- If I do not rest, I risk breaking down.
- I need to be strong and healthy to care for my family and carry out tasks.

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Day 2

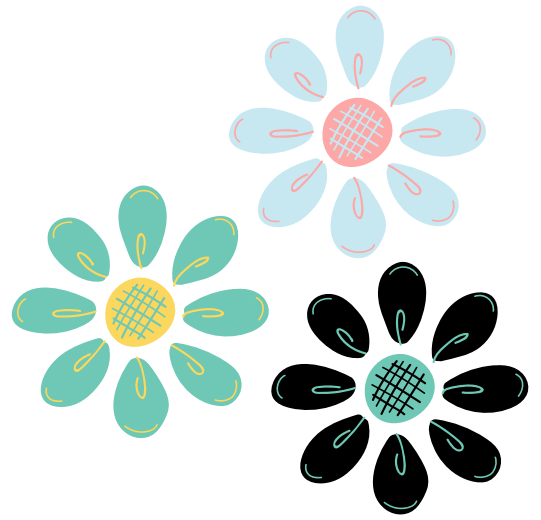


Whatever happened
yesterday is done, today is
another opportunity to begin
afresh. Mistakes are part of
life and it doesn't mean you
are a bad mom if you make
one.

30 DAYS OF
ENCOURAGEMENT

EVERY NEW MOMENT YOU CAN BEGIN AGAIN, THAT'S THE
BEAUTIFUL THING ABOUT LIFE. YOU GET MULTIPLE CHANCES.
KEEP ON TRYING. KEEP ON GETTING BETTER. KEEP ON DOING
YOU.

Day 3



Just because someone doesn't approve of your parenting methods doesn't mean you are doing it wrong. Find the unique rhythm that works for your family and roll with it.

30 DAYS OF
ENCOURAGEMENT

**YOU ARE DOING A GREAT JOB AS A PARENT. IMPERFECT BUT
GREAT EITHER WAY.**

Day 4



Look how far you've come.
You've grown in so many
ways since you started this
journey called motherhood.

30 DAYS OF
ENCOURAGEMENT

**CELEBRATE THE PROGRESS YOU HAVE MADE
SINCE YOU BECAME "MOMMY" IT HASN'T BE
EASY, BUT LOOK AT YOU!**

Think about the things you struggled with so much at the beginning of motherhood; note down how you have grown, changed and adapted.



Day 5



The woman you are **right now** is **radiant** on your journey to better.

30 DAYS OF ENCOURAGEMENT

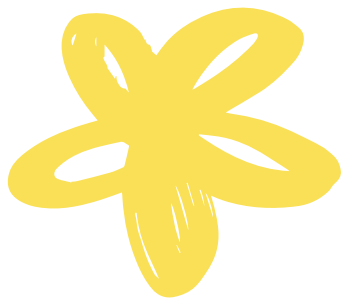
KNOW THAT THE PERSON YOU ARE RIGHT NOW IS BEAUTIFUL. WITHOUT YET ACCOMPLISHING ALL THE MANY GOALS YOU HAVE, WITHOUT YET BEING THE PERFECT MOM. YOU ARE RADIANT.

What are the things you like about yourself?

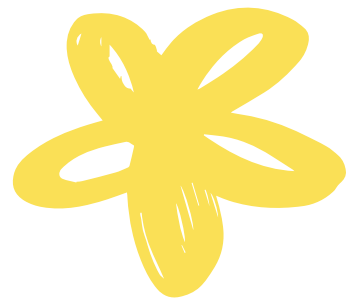
- My great sense of humor

- The way I am able to see the good in everything

- I know what I want from life and I think that's amazing



Day 6

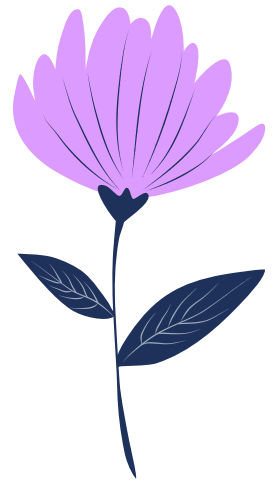


Never look down on time devoted to nurturing your children. Others may be doing things that seem greater but you know how precious and irreplaceable this time is for your children. No one could be Mommy to them but you.

30 DAYS OF ENCOURAGEMENT

**YOU ARE A VITAL NEED FOR YOUR CHILDREN.
NURTURING THEM IS IMPORTANT. DON'T LET ANYONE
EVER MAKE YOU THINK WHAT YOU'RE DOING IS LESS
IMPORTANT THAN RUNNING A BUSINESS OR PURSUING
A CAREER.**

Day 7



Take it easy. Ask for help when you can. Let go of things you can't control and do the best you can in each moment. Take care of one task and move to the next. Dreading won't take that chore away.

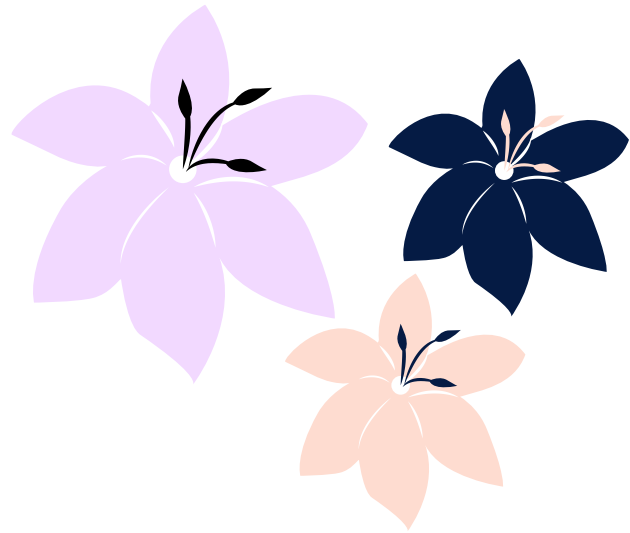
30 DAYS OF ENCOURAGEMENT

BREATHE, EXHALE AND TAKE LIFE ONE DAY AT A TIME.

In what ways will you let go today

- I will let go of worrying about how my kids are doing at school.
- I will not fuss so much about a disorganized house, I will just do the best within my strength and leave the rest.

Day 8



It's okay to do things at your own pace. You are not in competition with anyone but yourself. You do not have to keep up with anyone. Do what works best for you.

30 DAYS OF ENCOURAGEMENT

**IF YOU'RE OVERWHELMED, IT'S OKAY TO STOP. IT'S
OKAY TO LET GO OF SOME COMMITMENTS. SLOW
PROGRESS IS STILL PROGRESS.**

Set Your Pace



Things I'm doing well at.

Things I plan on improving.

Things I need to take a break from.

Day 9



Even though things seem to have slowed down, it doesn't mean it'll always be this way. No matter how long the wait may seem, it gets better. Cherish the little bits of joy that find you in this moment.

30 DAYS OF ENCOURAGEMENT

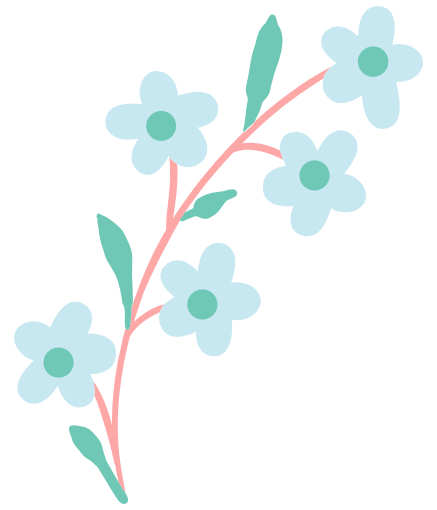
IT GETS BETTER.

Tiny bits of Joy

THAT LIGHT UP MY DAY.

- Hugs and I love yous from my children
- Moments of quiet when the kids are asleep and i get some time for me
- When i get to speak with my girlfriends

Day 10



No one has life figured out.
We are all learning as we
go. We all fall and make
mistakes. You can never tell
what people are going
through by just looking at
them. So never compare
your life to others.

30 DAYS OF ENCOURAGEMENT

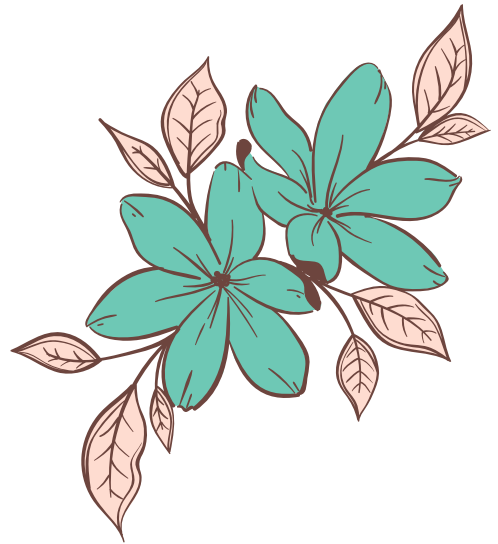
**EVERYONE HAS STRUGGLES, DON'T WISH
FOR ANOTHER PERSONS LIFE. INSTEAD DO
THE BEST WITH WHAT YOU HAVE AND
CHOOSE TO LOVE YOUR LIFE.**

What are the things I love about my life

**I get to work from home
and have a flexible
schedule**

My children go to school not far from home so picking them up isn't a struggle.

Day 11



Your child loves you. They feel that overwhelming love for you too. You are their super hero, their safe place, their comfort. You are Mommy.

30 DAYS OF ENCOURAGEMENT

**EVEN WHEN YOU HAVEN'T BEEN YOUR
BEST AS A MOM, YOUR CHILD STILL LOVES
YOU.**

Day 12

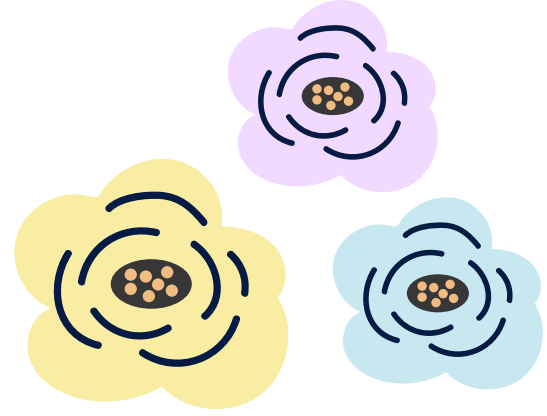


Hold your child as much as you want. Hug them, kiss them, co-sleep with them, smile and laugh a lot. Listen to what they have to say with no interruption. No, you are not spoiling them by giving them all your love and attention.

30 DAYS OF ENCOURAGEMENT

**“WE WORRY WHAT A CHILD WILL BE
BECOME TOMORROW, YET WE FORGET HE
IS SOMEONE TODAY.”-STACIA TAUSCHER**

Day 13

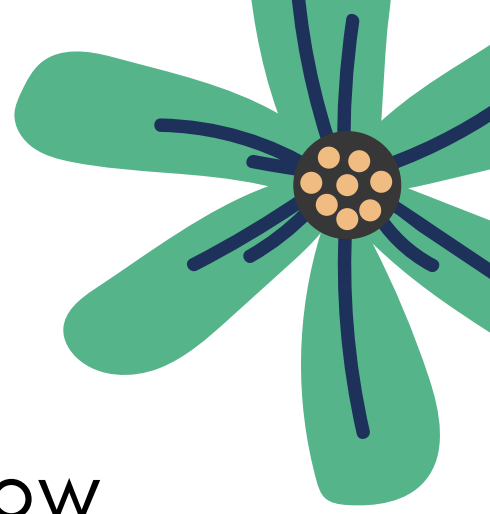


Somedays you may choose motherhood over your job, other days you may choose your job over motherhood and that's okay. It doesn't mean you are a bad mom for leaving your kids and going to work and you are not a failure for letting go of some work related commitment to care for your children.

30 DAYS OF ENCOURAGEMENT

**BE FLEXIBLE WITH YOURSELF AND
ADDRESS NEEDS AS THEY ARISE. YOU
ARE DOING FINE.**

Day 14

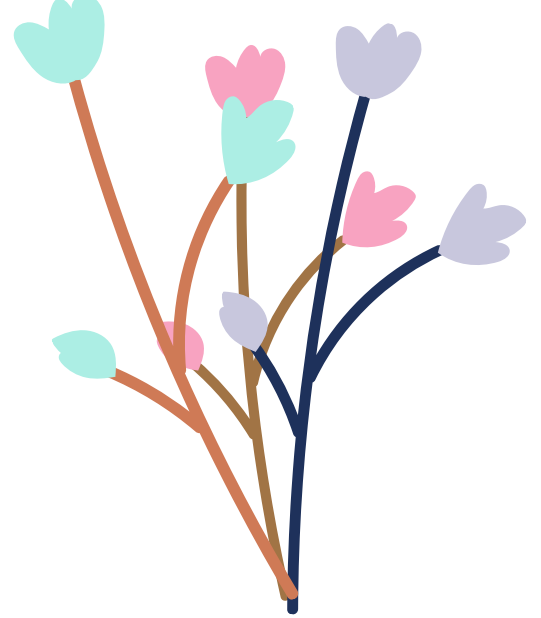


If only you knew how awesome you are. You hold your family together in tiny little ways no one can comprehend and in big ways that leave them wondering how you do it. You are astounding, impressive, mind blowing.

30 DAYS OF ENCOURAGEMENT

**WE ARE SO AMAZED BY YOU. WE HOPE
YOU SEE HOW GREAT YOU ARE.**

Day 15



Smile more, laugh more, do silly & fun things with your family. Take loads of pictures and create memories. It'll be worth it when you look back years from now.

30 DAYS OF ENCOURAGEMENT

LIFE SHOULDN'T BE SO SERIOUS ALL THE TIME. DO SOMETHING FUN TODAY.

Day 16

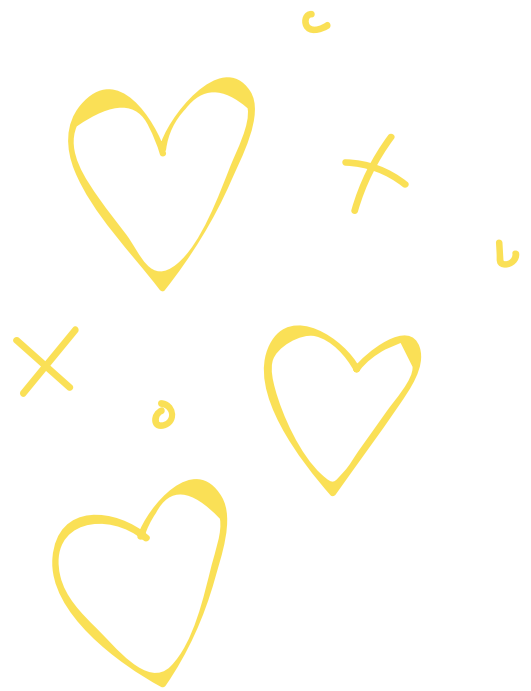


Be greatful for the time you have now with your children, for the moments you see them put into practice what you have taught them, for the times when they do things that amaze you. For the moments when you realize that tiny bundle is growing into an amazing person and you had a hand in that.

30 DAYS OF ENCOURAGEMENT

**OH THE JOY OF SEEING YOUR CHILD
TRANSFORM INTO A KIND AND WONDERFUL
PERSON. THAT IS IRREPLACEABLE.**

Day 17



You look beautiful. Yes, you.
Different from before you had your
children but no less beautiful. Look
at yourself today with fresh eyes.
See the beauty in your amazing
body.

30 DAYS OF ENCOURAGEMENT

YOU ARE BEAUTIFUL.

Day 18



You are growing, you are improving, you are getting better. Don't you see it? A few moons ago you would have been frustrated over spilled milk but now you handle it like a pro. You are better than before and that's what matters.

30 DAYS OF ENCOURAGEMENT

DON'T TAKE TINY GROWTHS FOR GRANTED.

Day 19



You are the joy of your home, you set the energy, you bring the peace, the comfort. Your children look to you for support, strength and care. Do you know how demanding this is?!! Never let anyone make you feel like you aren't doing much.

30 DAYS OF ENCOURAGEMENT

YOU ARE A WHOLE VIBE, A SUPERHERO. PIN THIS!

Day 20



Your dreams are valid. The fact that you are now Mommy does not mean your desires have all of a sudden disappeared. You are allowed to pursue activities that do not actively involve your children.

30 DAYS OF ENCOURAGEMENT

**AS THEY GROW, YOUR CHILDREN WILL BE
PROUD OF ALL THE THINGS YOU ACHIEVE.**

Day 21



On the surface, things look tight, difficult, tiring. But a deeper look at things and you will find so much to be thankful for.

A family, source of income, the children you've prayed for, good health, sane mind, tiny moments of Joy and more.

30 DAYS OF ENCOURAGEMENT

**THERE'S ALWAYS SOMETHING TO BE
THANKFUL FOR IF WE LOOK HARD
ENOUGH.**

Day 22



Don't live your life for others.
Don't make decisions based on
what people will think of you.
Those that matter know you, love
you and have your best interest at
heart.

Today is a good day to stop
worrying about people's opinions
about you.

30 DAYS OF ENCOURAGEMENT

NOW IS THE PERFECT TIME TO START
LIVING LIFE ON YOUR OWN TERMS.

Day 23



You bloom
You glow
You shine
Just as you are.

30 DAYS OF ENCOURAGEMENT

HOLD THIS CLOSE TO YOUR HEART.

Day 24

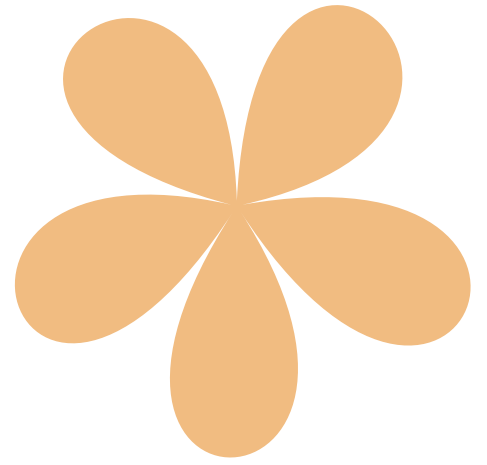
Some days are good while others are not so good. Take deep breaths and get from one moment to another. No matter what happens today, the sun will set and another day with fresh beginnings will arrive.

30 DAYS OF ENCOURAGEMENT

**IF THE ONLY THING YOU DID TODAY
WAS SURVIVE, THAT'S OKAY.**



Day 25



Think good thoughts.
Thoughts that make you
smile. There's so much
pain in the world but you
have the power to
protect your mental
space for yourself and
for your children.

30 DAYS OF ENCOURAGEMENT

**BE A LIGHT SPREADING JOY IN THIS
DARK WORLD.**

Day 26

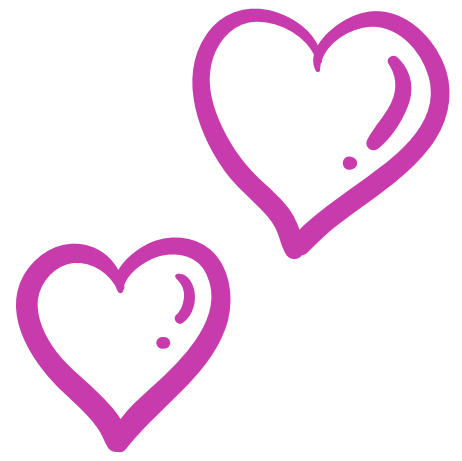


Don't go around carrying
the weight of the world
on your shoulders. Speak
to someone you can trust
and get those burdens
off your chest. You
weren't made to do life
on your own.

30 DAYS OF ENCOURAGEMENT

**TALKING TO SOMEONE ABOUT THAT
DIFFICULT THING CAN MAKE ALL THE
DIFFERENCE.**

Day 27

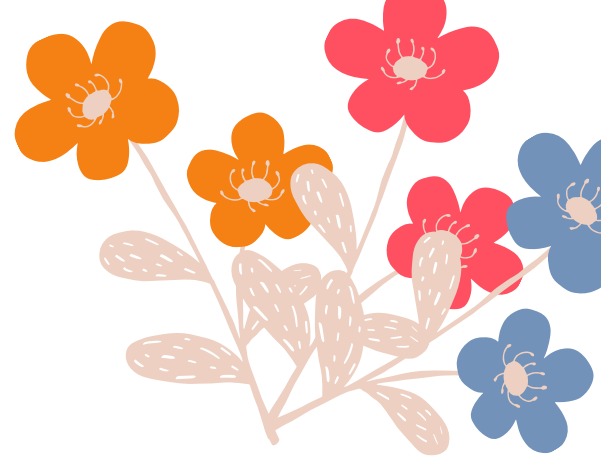


We see you doing what
you're doing every day.
Keep going, it's making a
difference even though
you might not see it yet.
Whatever it is that you
are working on, don't give
up.

30 DAYS OF ENCOURAGEMENT

**CONSISTENCY IS HOW YOU CAN MAKE
LASTING PROGRESS.**

Day 28



Whatever it is you are going through, know that it gets better. It will end and you will rise from it. You will make progress, you will achieve your dreams, you will laugh and smile again no matter how hard it is to believe right now.

30 DAYS OF ENCOURAGEMENT

YOU WILL LAUGH & SMILE AGAIN

Day 29



The days may seem blurry right now as you move from one endless task to another but a time will come when packing lunches, diaper changes, and sleepless nights will be just a memory.

30 DAYS OF ENCOURAGEMENT

**NOTHING LASTS FOREVER; EMBRACE
YOUR PRESENT REALITY**

Day 30



You are who you are for
a reason. You have value
just as you are. You are
worthy. Even though you
strive to improve every
day, it does not mean
the person you are right
now is without
significance.

30 DAYS OF ENCOURAGEMENT

**AS ALWAYS, YOU ARE RADIANT JUST
AS YOU ARE.**

