

# MIRROR MANTRAS FOR MOMS

✿ Mirror Mantras: Speaking to the Woman in the Reflection

## What They Are:

Mirror mantras are short, powerful phrases designed to reconnect you to you. They are loving reminders—spoken out loud while looking at your reflection. Simple. Honest. Healing. This isn't about forced positivity or pretending everything is okay. This is about practicing presence, self-compassion, and truth—especially on the days when you feel like you've disappeared beneath the roles of “mom,” “partner,” or “provider.”

## How to Use Them:

1. Choose one mantra that speaks to your current season. You don't need to use all five. Trust what resonates.
2. Place it somewhere visible. Tape it to your bathroom mirror, inside a cabinet, near your bed, or anywhere you'll see it daily.
3. Say it out loud once a day—ideally while looking into your own eyes. It might feel awkward at first. That's okay. Start soft. Start real.
4. Breathe as you say it. Let it land. You're not just saying words—you're reclaiming your voice.
5. Repeat it until it begins to feel true (or truer than yesterday). Even if there are dishes in the sink. Even if a toddler is on your hip. Especially then.

## ✿ Why It Matters:

The way you speak to yourself becomes the way you see yourself. And the way you see yourself shapes how you show up—for your kids, your partner, your dreams, and most importantly... for you. This is not just a cute affirmation exercise. This is a quiet rebellion against self-erasure. A returning. You deserve to be spoken to with kindness—even if that kindness has to start with your own voice.

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I AM ALLOWED TO TAKE UP  
SPACE—IN THIS HOME, IN  
THIS DAY, IN THIS BODY.



I AM NOT JUST SURVIVING—  
I AM SLOWLY RETURNING TO  
MYSELF.



REST IS NOT WEAKNESS.  
WANTING MORE IS NOT  
SELFISH.



I AM DOING ENOUGH.  
I AM ENOUGH.



EVEN IN THE MESS, I AM  
WORTHY OF TENDERNESS.