

HOW TO BE A beautiful mom



BE STRONG

ACTION do one thing to come closer to reaching your mom goals

AFFIRMATION my family is strong because I am

BE HEALTHY

ACTION spend time in nature as a family, be active and have fun

AFFIRMATION I love the way I look, feel and smile

BE AWESOME

ACTION boost your self improvement with daily self affirmations

AFFIRMATION I am the best mom ever and loving it

BE POSITIVE

ACTION enjoy forest therapy as a family, using all five your senses

AFFIRMATION motherhood makes me beautiful

BE HAPPY

ACTION smile when you wake up and smile when you go to bed

AFFIRMATION happiness is my choice

HEALTHY FAMILY AND ME