

Powerful Affirmations for Moms

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=KJ_9A1E1ZBK](https://www.youtube.com/watch?v=KJ_9A1E1ZBK)
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SUMMARY

The video emphasizes the power of daily affirmations for mothers, encouraging them to practice three specific affirmations for 21 days to enhance their confidence and calmness. By repeating these affirmations, individuals can foster gratitude, abundance, and self-acceptance, leading to positive changes in their energy and overall well-being.

- *Affirmation 1: "I'm Grateful" - Acknowledges the positive aspects of life.*
- *Affirmation 2: "I'm Abundant" - Elevates personal frequency, attracting positivity.*
- *Affirmation 3: "I'm Enough" - Promotes self-love and confidence.*
- *Suggested practice: Repeat affirmations three times in the morning and evening.*
- *Duration: Commit to this practice for 21 days.*
- *Expected outcome: Increased calmness and confidence as a mother.*
- *Encouragement to share the message with others who may benefit.*

I want you to save this and say these three affirmations every day each affirmation is only three words so this will not take you more than 15 seconds to do one round of affirmations do three rounds as soon as you wake up and three rounds just before you go to bed do this for just 21 days and see how calm and confident you will feel as a mother one I'm Grateful by expressing gratitude you're choosing to acknowledge all of

the wonderful things in your life that you already have two I'm a abundant by seeing this you automatically place yourself on a high frequency and you start attracting things in life with ease and Grace Three I'm Enough by saying this you're acknowledging that you love being yourself and you will notice how your confident energy will pull people towards you if you do this for 30 days with faith you will notice an incredible Improvement in your energy

and in your house energy save this as a reminder and share this with someone who may need this