

THE HONEST MOM'S DAILY AFFIRMATIONS CHECKLIST

- Motherhood is tough, but so am I.
- I got this.
- Who needs sleep? I run on coffee and crazy.
- Embrace the chaos.
- Even on my worst day I'm still killing it.
- I will raise well adjusted, functional human beings.
- I look damn good in yoga pants.
- I am a badass mother!