

Parent Self Care
**KEEP
ON
GOING**
Affirmation Sheet



Parenting is powerful. But it's also exhausting, messy, and full of invisible emotional labor. These affirmations are not luxury words — they're daily reminders for the one holding everything together: you. Say them. Stick them. Whisper them. Let them remind you that you matter too

Explore more resources, tools & 1:1 support: www.connectatsoulnest.in



"I choose connection over correction."



"I give myself the same kindness I give my child."



"It's okay to rest - rest is productive."



"Not every moment needs to be perfect to be meaningful."



"I am learning, just like my child is."



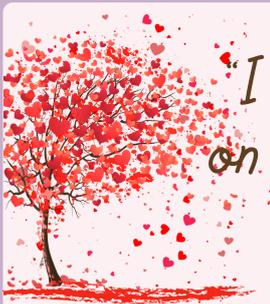
"I am allowed to take up space, even as a parent."



"When I breathe deeply, I invite peace into our home."



"I don't need to do it all - I just need to be present."



"I am enough, even on the days I don't feel like it."



"My calm teaches more than my words."

How to Use This Sheet

- Choose 1 affirmation to repeat every morning or night
- Write it on a sticky note and place it near your mirror, fridge, or work desk
- Say it aloud during tough parenting moments — let your nervous system hear it
- Involve your child by modeling: “Mama is taking a breath so I can feel calm.”

From Soulnest to You

We spend so much time teaching our children how to feel safe. Let's not forget — we deserve to feel safe too. Your regulation is not a bonus. It's the foundation. You're not alone in this journey — Soulnest is walking beside you

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