

Mummy Manifesto



I AM GRATEFUL THAT;

MY CHILDREN ARE CONFIDENT AND HAVE A SENSE OF WELLBEING

I AM PATIENT, KIND, FUN, LOVING AND EXCITING

MY CHILDREN, GO TO BED EASILY AND HAPPILY

MY CHILDREN ARE WELL AND HAPPY

MY CHILDREN REGULATE THEIR EMOTIONS WELL

WE HAVE LOTS OF THINGS TO DO AND FIND THE FUN IN BOREDOM

SCHOOL IS A WONDERFUL EXPERIENCE FOR MY CHILDREN

MY CHILDREN ARE FOCUSED AND ACTIVE LEARNERS

MY CHILDREN LOVE TO CARE FOR THEMSELVES, INCLUDING BATHING, BRUSHING TEETH AND TIDYING UP THEIR SPACES

MY CHILDREN ALWAYS GET ALONG

WE ARE A HAPPY FAMILY UNIT WITH LOVE AND RESPECT

MY CHILDREN HELP AROUND THE HOUSE

MY CHILDREN PLAY TOGETHER AND CREATE NEW GAMES

MY CHILDREN LOVE TO READ

WE APPRECIATE EACH OTHER EVERY DAY

MY CHILDREN FOLLOW INSTRUCTIONS WELL, AND WE ARE ALL CALM WHEN LEAVING THE HOUSE

SAY THIS EVERY DAY FOR A POSITIVE PARENTING EXPERIENCE.

MANIFESTING HELPS YOU TO FEEL POSITIVE ABOUT YOUR DAY AHEAD AND THE FUTURE. THESE WERE ALL THINGS THAT CHALLENGED ME AS A PARENT AND I DECIDED TO WRITE A MUMMY MANIFESTO TO SUPPORT MY POSITIVE MINDSET FOR SUPPORTING MY CHILDREN.

