

Mother's Manifesto

I am a mother, but this is not all I am. I am human.

I am whole, with or without my kids or my partner.

I am juggling and sacrificing every day with grace and without compensation, societal acknowledgement, or promotion.

I am not alone. I am loved! I am grateful for my friendships.

I am strong for my kids but won't deny showing them emotion or pain.

These things are real, too.

I am stronger than I think I am.

I may not always have control,
but I am never without power.

When I feel alone, I will reach out.

When I feel judged, I will extend an olive branch.

When I am hurt, I will ask what is going on in another's life to cause hurt.

When I am down, I will recognize that I am valuable, indispensable,
and have worth.

I will be kind and non-judgmental to those around me.

I will be kind and non-judgmental to myself.

I will offer myself forgiveness first.

I will be proud to be me.
