



Encouraging Affirmations For

SINGLE MOMS

“My children’s dreams matter, and
so do mine.”

“I am worthy of being loved, feeling
happy, and doing what brings me joy.”

“All I need to keep going is
within me.”

“Being a single parent is a part of
what makes me unique.”

“I am confident and loving. I set a
perfect example for my children.”

“My doubts are erased, and my
worries are released.”

“There’s no parenting rule book.
I am simply doing my best for
my children.”