

Fill. Your. Cup.

We've all heard it... but how many of us actually take the time every day to do something... *just for ourselves?*

Mamas, we owe it to ourselves to fill our cups!

I know, it can be hard. There are a million things to do and a million people who need us all. the. time. But, making a commitment to filling our cups doesn't have to be anything big or super time-consuming. It can be as simple as simply lighting a candle and taking a few deep breaths. Self-care looks different to everyone. What matters is that you're checking in and honoring yourself by making the commitment to meeting your needs.

This exercise is broken into two parts.
Part 1: Affirmations and Part 2: Fill Your Cup.

An affirmation is a positive statement in the present tense -- it may not be your current reality (*yet!*), but in time it can *become* your reality!

It's all about shifting your energy into a space of
honoring yourself as a mama queen!

May this exercise serve as a daily reminder
of how important it truly is to
make your self-care a non-negotiable.

Let me know how it goes!

♡ - *Monica*



Affirmations:

Choose the ones that resonate the most. Cut them out and tape them in a place where you'll see them often! Bonus: Whenever you pass by and see your affirmation, take a moment to close your eyes, repeat it silently to yourself, and really feel it in your body as if it's already your reality.

I am at ease in my
body and my mind

Healthy mama,
healthy family

I am grounded

I am a deeply present
and attentive mama

I am in touch with my
own core truth

I set boundaries
that protect my energy

I give myself
permission to rest

I choose the vibration
of love

I am open to the magic
of each moment

Breathe in, breathe
out, repeat

I hold space for all
parts of myself

At my center, I am
peaceful and free

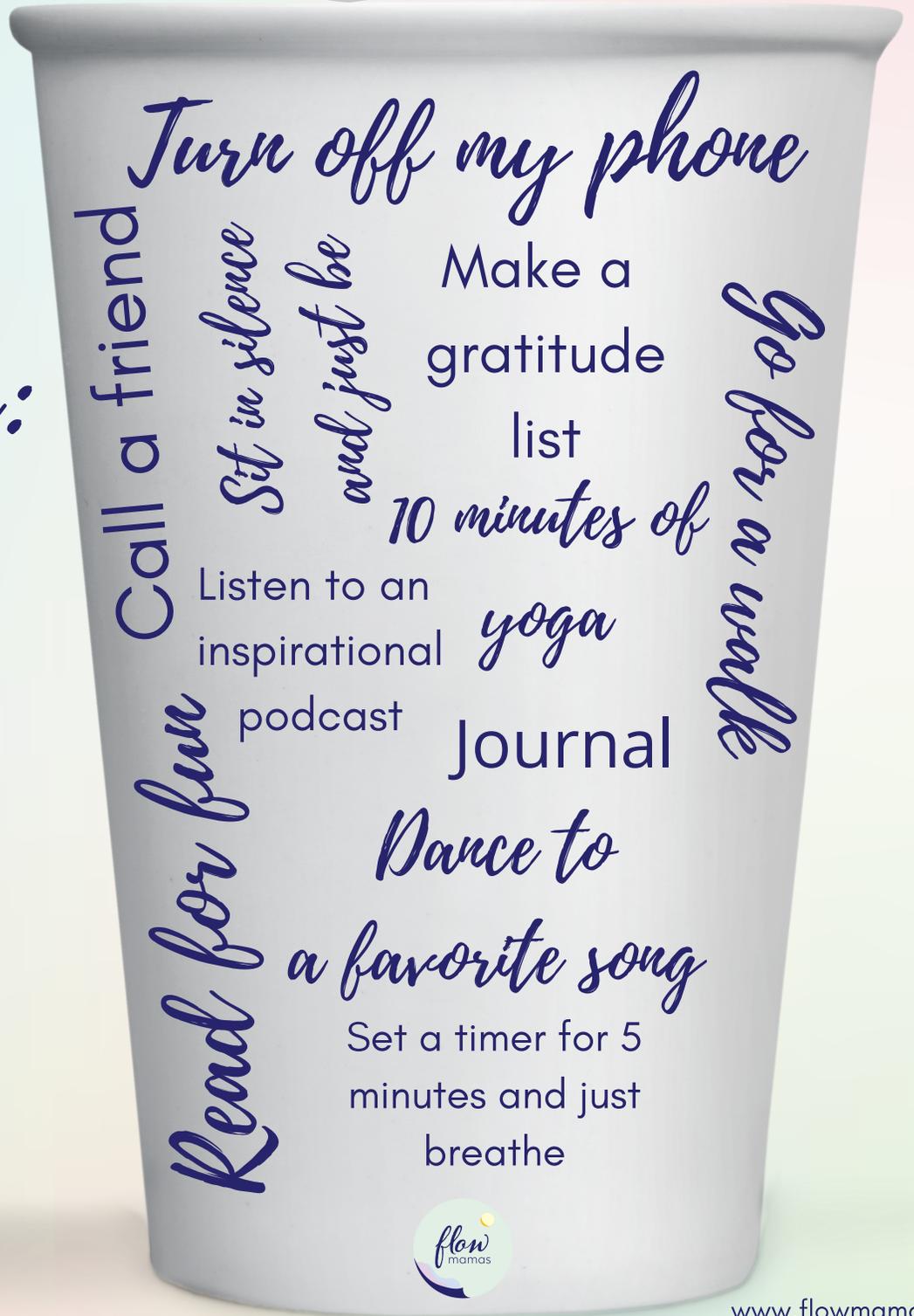


Fill Your Cup:

Print out the following page or fill it as a PDF. Write your favorite affirmation above the cup. Then, "fill the cup" with things you can do to fill your cup! Tape it up somewhere where you'll see it often :)

I honor myself
by making my self-care
a top priority

Example:







Hi, I'm Monica --



a Mama, a Registered Yoga Instructor,
an Artist and Art Teacher, and an aspiring Astrologer.

Flow Mamas™ was born out of my love for these practices
and my belief in their power as tools for sacred self-care.



Join me on Mondays on The
Flow Mamas™ Podcast
for a guided meditation
and weekly inspiration on
your self-care journey! You'll
hear conversations about
yoga, art, astrology, and
more.

Listen Now:



I'd love to hear from you!



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