

Mother's Day Manifesto for Homeschooling Moms

1. You are doing great.
2. You are loved & lovable.
3. It all works out in the end. (*If it doesn't feel all worked out, that just means it's not the end yet!*)
4. Your children are so fortunate to have you as their mother.
5. You can take a break. (*Get a massage, take a bath, go for a walk with a friend, go out on a date night.*)
6. You can increase your joy by focusing on gratitude for what you have right now, right in front of you. (*Create a practice of writing down 3 things you're grateful for first thing in the morning and right before bed.*)
7. You are doing very important work in the world homeschooling your children.
8. You do not have to be perfect, just available.
9. Your (*sometimes seemingly small*) accomplishments add up to great things.
10. Mother's Day is about love. Mother yourself first. Love yourself. It's a radical notion that can change the world.

