

A GUIDE TO CREATE EASE  
IN A MOTHER'S LIFE.

---

# MANTRAS FOR MAMAS

---

By Hali Love: Women's Coach, Mom, Author

A 30 DAY GUIDE TO CREATE A DEEPENED SELF-AWARENESS,  
MORE EASE, AND AN ABUNDANCE OF SELF LOVE.

---

Enjoy simple daily mantras, and a daily journal question  
intended to develop more self love, clarity and ease into a  
mother's busy life.

The purpose of this guide is to ignite acceptance, self love and  
gratitude for the amazing mama you are!

Remember support is always available.

---

Self Love. Self Care. Acceptance.



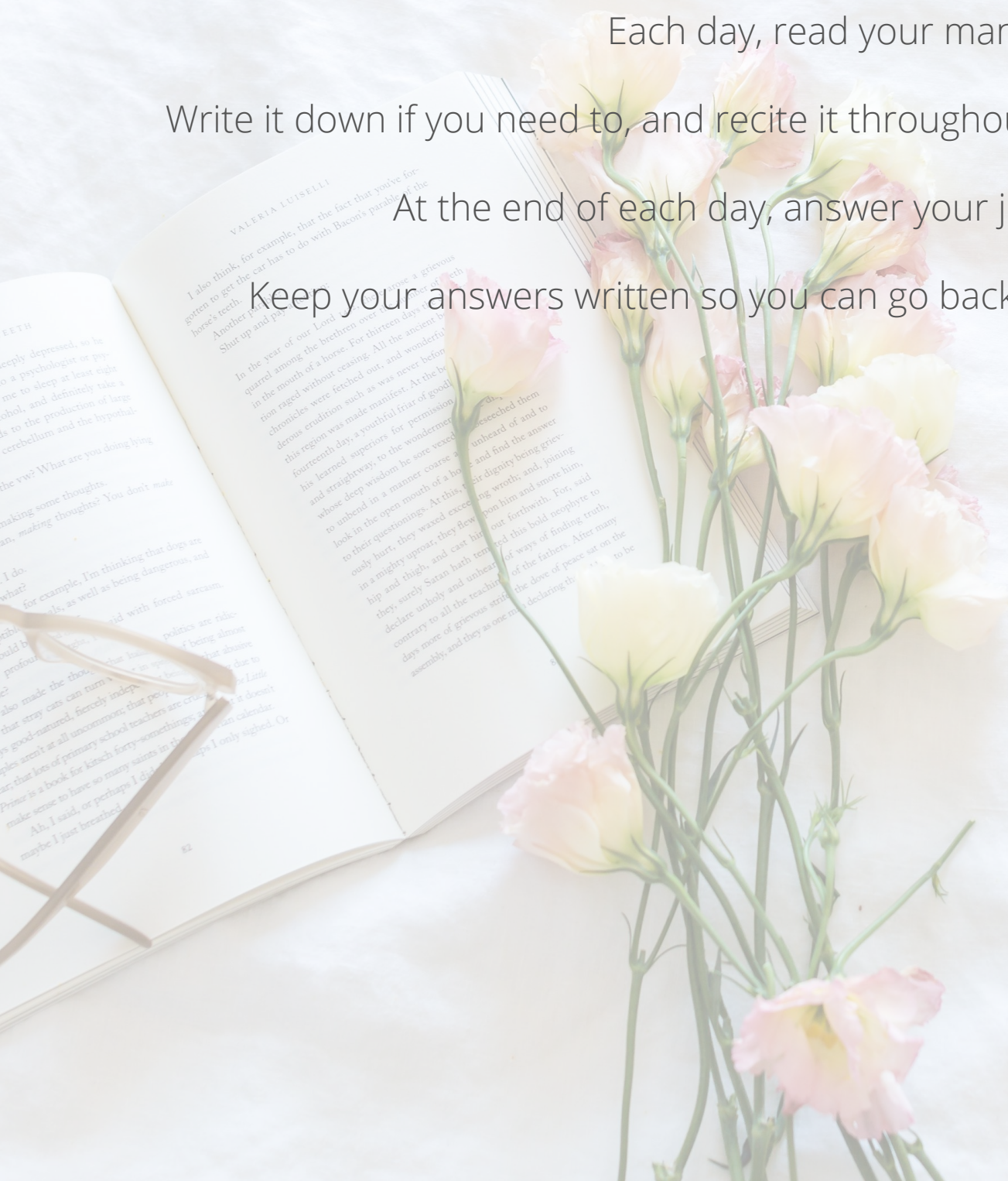
## HOW TO USE THIS GUIDE

Each day, read your mantra.

Write it down if you need to, and recite it throughout the day as much as possible.

At the end of each day, answer your journal questions.

Keep your answers written so you can go back and track your progress!





## DEDICATION

This book is lovingly dedicated to my beautiful daughter Bili Be, thank you for making me a mother; and to my dear soul-sisters and new mamas Nadia Motta, Terri Bland, Kate Todd, and to all of the amazing mamas out there!

Our job isn't easy, but it is the most important job in the world!  
So much love, from my mama heart to yours. May you be well, may you be happy, may you be at ease.

Love and support always: Hali







DAY 1

## MANTRA

I am capable of being patient.  
I am patient with my child(ren), I am patient with myself.

## JOURNAL

How and where can you  
bring more patience into your life ?

I Am Patient.





D A Y 2

## MANTRA

I listen to my child(ren) with curiosity, presence and attention.

## JOURNAL

Listening is the most important part of communication. Where do you feel you listen effectively to your child(ten)? Where can you listen more effectively? How do you feel you can increase the effectiveness of your listening overall?

I Am A Good Listener.



## D A Y 3

### MANTRA

I am worthy of love and appreciation.  
I invite more love and appreciation into my life.

### JOURNAL

Do you notice any thoughts you have that make you feel unworthy? How can you re-write those thoughts to shape them into thoughts aligned with love and appreciation? Make a list of all of the things you love about yourself. Make a list of all the things you appreciate yourself for.

I Am Worthy.





D A Y 4

## MANTRA

I am grateful for my child(ren).  
I am grateful for me.

## JOURNAL

Make a list of 11 things you are grateful for  
and hang it in a common area of your home.

I Am Grateful.



D A Y 5

MANTRA

I choose to be present with my child(ren).


JOURNAL

How can you be more present with your child(ren) ?

I Am Present.







D A Y 6

## MANTRA

I am capable of being the  
best version of myself.

## JOURNAL

What are two things you could change to live  
a more powerful life?

What steps could you take toward those two things?

What do you feel would be the positive impact on your  
child(ren) as a result of taking these steps?

I Am Capable.





D A Y 7

MANTRA

I love myself fully and completely.


JOURNAL

What actions could you take to bring more self love into your life?  
When throughout your day can you make time to implement  
these self love actions?

I Love Me.







D A Y 8

MANTRA


I do not need to be a perfect mom, I am a loving mom.

JOURNAL

Where in your life can you let go of perfection (be detailed)?

I Abandon Perfection.



A decorative arrangement of pink roses and buds is positioned on the left side of the page, set against a light-colored wooden background with visible grain patterns.

D A Y 9

## MANTRA

I can bring peace into any situation.

## JOURNAL

Where do you feel you need to bring more  
peace into your life?

What steps can you take to make movement  
toward more peace in your life?

I Am Peaceful.



D A Y 1 0

## MANTRA

I am smart and I make good decisions.

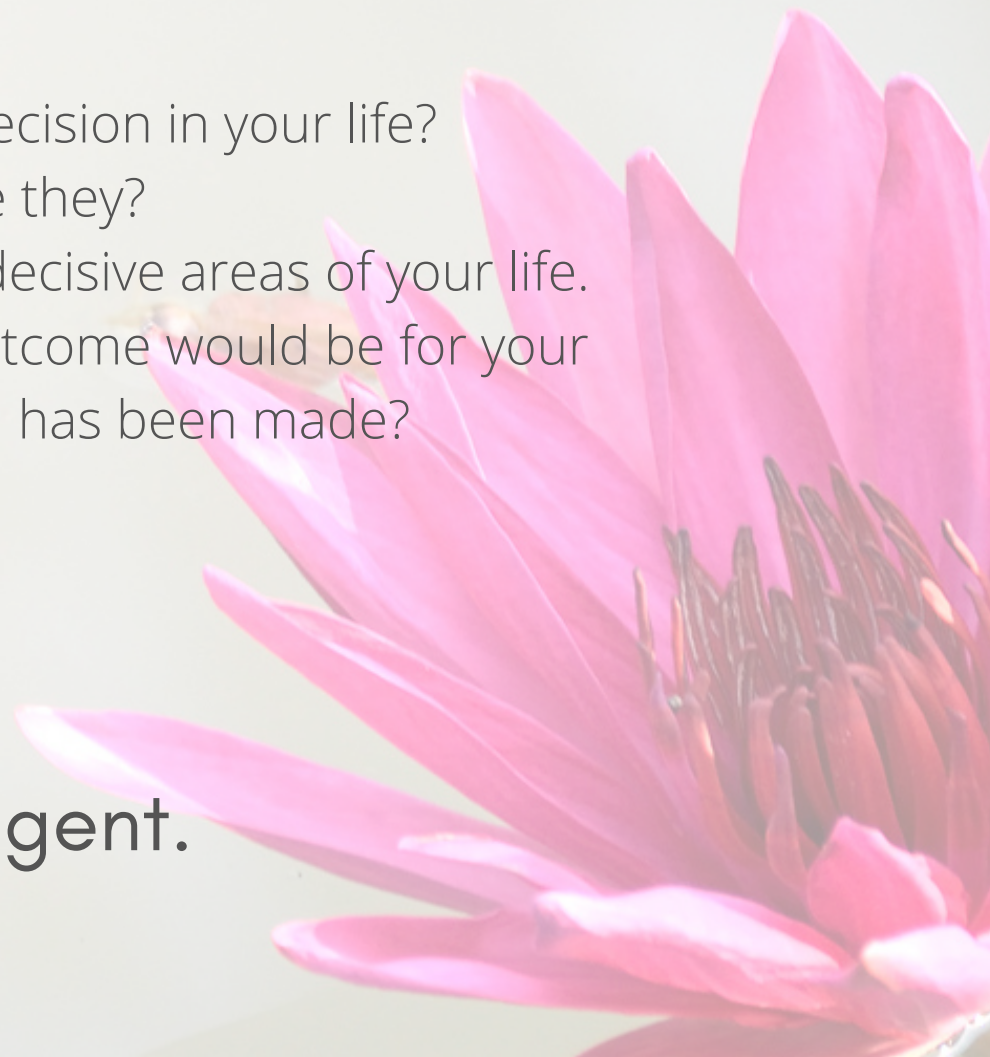
## JOURNAL

Are there any areas of indecision in your life?

If so, what are they?

Create an action plan for any indecisive areas of your life.  
What do you feel the positive outcome would be for your  
child(ren) once a decision has been made?

I Am Intelligent.






D A Y 1 1

MANTRA

I can connect to my intuition, there is nothing stronger  
than a mother's intuition.

JOURNAL



When in your life do you recall listening to your intuition?  
What was the result?

I Am Intuitive.





D A Y 1 2

## MANTRA

I am beautiful, both inside and out. I love my mind, body and emotions.

## JOURNAL

Look at yourself in the mirror, very close so you can see your own eyes.

Set a timer for one minute.

Say the words "I am beautiful" for one minute

Journal about your experience.

I Am Beautiful.



D A Y 1 3

## MANTRA

I am strong, mentally emotionally and physically.

## JOURNAL

Acknowledge all of the areas where you have brought strength.  
Acknowledge all of the areas where you have brought softness.  
Remember true power is a balance of both.

I Am Strong.



D A Y 1 4

MANTRA

I am loved.

JOURNAL

Thank your child(ren) for making you a mom.  
Tell them you love being their mom.  
Journal your experience.

I Am Loved.





D A Y 1 5

MANTRA

I am a loving mother.

JOURNAL

How do you feel you could show your child(ren) more love?  
Is there anyone else in your life that you feel deserves more love?  
If so, how could you show them more love?

I Am Loving.





D A Y 1 6

MANTRA

I am forgiving. I release any and all resentment and guilt.

JOURNAL

Is there anything you need to forgive yourself for?  
Is there anything you need to forgive others for?  
Is there anything that you have learned in any of the  
"forgivable situations" If so, what is it?

I Am Forgiving.



D A Y 17

MANTRA

I am graceful.

JOURNAL

Are there any areas in your life where you  
could bring more grace? If so, how?

I Am Graceful.





D A Y 1 8

## MANTRA

I can see the positive in all situations.  
I will teach my child(ren) to be positive.

## JOURNAL

How can you bring more positivity into your life?

I Am Postive.





D A Y 1 9

## MANTRA

I do not let fear hold me back. I am fearless.

## JOURNAL

Are there any areas of your life where you could implement being more fearless?

I Am Fearless.



D A Y 2 0

MANTRA

I am safe. I am protected.

JOURNAL

Do you feel there is any way you could bring more security to yourself and to your child(ren)?

I Am Safe.



D A Y 2 1

## MANTRA

I communicate effectively and positively.

## JOURNAL

Do you have any communication pattern you wish to re-shape?  
If so, what is it, and how do you want to re-shape it?

I Communicate Effectively.



D A Y 2 2

## MANTRA

I am the powerful creator of my reality.  
I will create a loving environment for my children.

## JOURNAL

Pretend you have a magic wand, and you could create a dream mom-version of yourself - what would that look like? Be very detailed.

I Am Powerful.



D A Y 23

## MANTRA

I am abundant in all areas of my life. I provide my children with abundant love.

## JOURNAL

Where do you feel you could call in more abundance into your life?  
Create a plan of how you feel you can create more abundance.

I Am Abundant.





D A Y 2 4

## MANTRA

I am radiant. My energy is radiant. I am an example of a radiant mother.

## JOURNAL

What are some simple steps you can take to be even more radiant?



I Am Radiant.





D A Y 2 5

## MANTRA

I align with a deep purpose to be the best example as a mother.

## JOURNAL

What is your purpose as a mother?  
Write out your own personal Mother's Mission Statement.  
Place it where you can read it everyday.

I Have A Purpose.



D A Y 2 6

## MANTRA

I am grounded, especially during times of chaos.

## JOURNAL

What are some new practices that you feel you could implement to help yourself become more grounded?

I Am Grounded.



D A Y 2 7

## MANTRA

I choose to be now here, in this moment.

## JOURNAL

When do you notice yourself not being fully present?  
What do you feel you can do in these moments to become more present?

I Am Now Here.





D A Y 2 8

MANTRA

I am in control of my emotions. I honour my emotions.  
I teach my child(ren) to honour their emotions.

JOURNAL

Write out each of the 6 human emotions, and record how you can "responsibly"  
express each one:

1) sadness 2) anger 3) contentment 4) fear  
5) discontentment 6) joy.

I Am Emotionally Agile.



A close-up photograph of several dahlias in shades of pink, white, and magenta, arranged on a light-colored wooden surface. The flowers are in various stages of bloom, with some showing green buds. The lighting is soft and natural, highlighting the textures of the petals and the wood grain.

D A Y 29

## MANTRA

I take the "right action" in all situations.

## JOURNAL

What are your core values? How do you see your core values showing up in the decisions you make regarding your child(ren)?

I Choose Right Action.



D A Y 3 0

## MANTRA

I am worthy to celebrate me.

## JOURNAL

How can you celebrate the amazing mother that you are?  
Write out a clear plan of celebration ie. Bubble bath etc.

I Celebrate Me.





## A B O U T   T H E   A U T H O R



### H A L I   L O V E

I was born in Calgary, Alberta, Canada in 1977. I was raised by my Grandparents: Bill and Janet Reid. My grandfather was a decorated hero in World War II, and to this day, he remains my hero.

I became a mother in 2008 to my beautiful daughter. Bili Be. A mother's job isn't easy, but it is so fulfilling with the right tools.

My purpose is to inspire you, support you and guide you through your journey.

Remember, support is always available.

Much love: Hali

[www.halilove.com](http://www.halilove.com)

"I Celebrate You!"