



AFFIRMATIONS

to help you grow



Dear art mum,

when I first saw you, I couldn't take my eyes off you. You filled the space with love and understanding, and your warm smile made me want to be a child again. You looked tired and a little bit sad but I could see the powerful energy that was shining around you like a rainbow.

You wake up every morning, feeling blessed. What a life you get to live! Never before have you experienced so much love from another human being. Those tiny eyes don't even have to speak. Every day, you smile, laugh, love, feel amazing, feel down, upset and exhausted.

Still, you wouldn't have changed a single thing. Or maybe just one. You would love to have more time for your creative journey.

You used to have all the time in the world. When you went through the bad times, your art was your cure, your everything. It's still working and you know it. Your art makes this world a more beautiful place. It has a deep meaning, a magical power. You know it can also heal others. That rainbow inside of you is a part of every single piece you make. Your painting, your sculpture, your movie, your song, your choreography, your photography, your dress, your design.

You know you are powerful. I know you are powerful.

I am here to show you all that. To show you how amazing, strong, courageous, and beautiful you are. I want you to feel a part of something extraordinary.

I want to support you with both your mum and art journeys. I want this to be your sanctuary. Your safe-haven where you recharge your wonderful mind and soul to continue living your dream as
THE ART MUM.

My letter to you



As artists and mums, we tend to forget how amazing we are. We lose ourselves in daily tasks, and we often struggle to find time to remind ourselves that we are extraordinary. But we are beautiful, strong and powerful creatives who can inspire others. We are superheroes.

Become aware of what your mind is capable of.
Recite these affirmations daily until they become your reality.
You can start with the ones below or write your own affirmations that will reflect upon your needs and desires.

I am amazing.

I am beautiful.

I am a strong and powerful woman.

I am an inspiring artist and mother who can change the lives of others.

I am a superhero, and my children look up to me with pride.

My family admires my courage and all my skills.

I love my art practice because it allows me to express all my emotions.

I balance my work and family time with ease.

My art heals me as well as others.

I sell my art easily and feel inspired to create more immediately.

Affirmations 1 / 2



I wake up energized and ready to create magic every single day.

When I feel tired or upset, I find time for myself and meditate.

I am aware of the importance of self-care, and I attend to it when I feel it is necessary.

I thrive in all aspects of my life.

By seeing me thrive, my children learn that everything is possible.

I am happy and open to receive new opportunities, money, customers, love, success ...

I feel supported by my family, friends and my community of artists/mothers.

I love being paid for my work because it allows me to create more of it.

The money I make from my art allows me to live the life that I envisioned for myself and my family.

I am excited about every new chapter in my life, and I embrace it with gratitude and joy.

Affirmations 2 / 2



Your turn ...





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