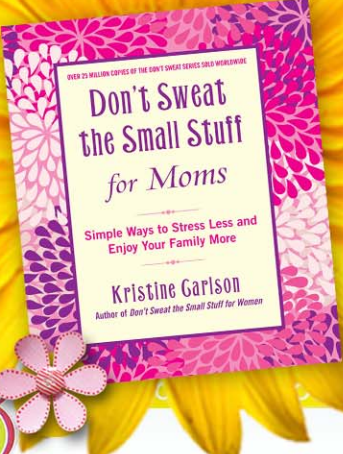




I'M A

Don't Sweat Mom



I Nourish My Spirit First  I Surround
 Myself with Great Mothers  I PRACTICE BREATHING
 BEFORE I SPEAK  I Choose Happiness and Peace over Stress
 I Make My Home My Haven  I Build
 Rapport with My Children  **I Practice**
Gratitude  I Say "No!" So I Have Time to Say
 "Yes!"  I See My Kids as Unique Individuals  I Keep
 the Lines of Communication Open  I RECLAIM MY
 FAMILY TIME    I CELEBRATE OTHER
 MOTHERS  I SPEAK TO MY KIDS ABOUT THE BIG STUFF
 I Don't Sweat the Sibling Rivalry   **I Slow Down**
and Wake Up to My Life  I **Feel Sexy** from the Inside
 Out I **Accept My Kids As They Are** 

 **I Love My Curves** 

I Surrender, Trust, and Let Go
 I am Enough as I am  I Practice
 Presence  When All Else Fails, I Laugh

