

Helpful Thoughts to
Close All The Open Tabs in Your Brain's Browser

1. There is always enough time.
2. It will all get done. It always does.
3. The worst thing that can happen to me is a feeling.
4. When you know better, you do better.
5. I can do hard things.
6. Hard is just a thought.
7. When I clean up spilled water from the kitchen floor, at least that section of the floor is clean now.
8. My only job as a mother is to love them.
9. It's never the perfect time, so may as well get started now.
10. Done is better than perfect.
11. If I don't ask, the answer is always no.
12. If I don't try, I've decided that failing is the answer.
13. Maybe it won't work... but maybe it will.
14. I can always change my mind.
15. If I'm coming from a place of generosity and being true to myself and my values, I can't go wrong.