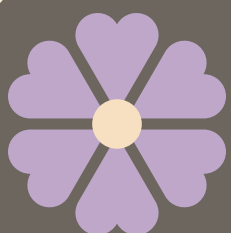


BECOME A MORE

Confident Mother



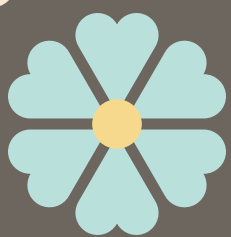
Practice Following Your Instincts

Yes, practice. Stop ignoring your gut & practice trusting yourself.



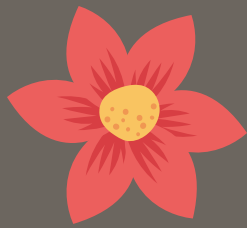
Ask Those Closest to You for Stories

Hearing other people's experiences can be helpful for new ideas & feeling less alone.



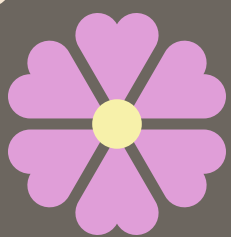
Do Not Open Yourself Up to Opinions

When we ask others for their opinion on our own decisions, we open ourselves up to needless scrutiny & insecurity.



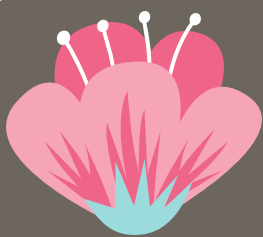
Find a Few Good Mom Friends

Find a few moms that you can really connect with and that have a similar outlook on parenting as you do. Smile & nod w/ the rest.



Remember Biology is a Huge Factor

As parents, we have a huge role in our children's lives; but there are also traits etched into our children's DNA.



Try Your Best

A bad moment doesn't make you a bad parent. As long as you are trying to get better, you are on the right path.

Be Confident

Work on being confident as a person, not just a mom. Discover what you enjoy about yourself, and be sure to showcase that to the world.

Visit [AdoreThem.com](https://www.AdoreThem.com) for More!