



Mom Manifesto

I give you permission to be a mess. ☐

I give you permission to be anxious. ☐

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I give you permission to be tired. ☐

I give you permission to be sad. ☐

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I give you permission to be impatient with your kids sometimes. ☐

I give you permission to be angry sometimes. ☐

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I give you permission to take time for yourself and not feel guilty. ☐

I give you permission to wish you could have one night away to sleep. ☐

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I give you permission to have rough days, impossible days and exhausting days. ☐

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I give you permission to be human. ☐

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So take a deep breath, mama. ☐

You have permission to be you. ☐

And to be you in all of your ugly moments, difficult-to-love moments and messy moments. ☐

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I also give you permission to reach out and ask for help. ☐

I give you permission to do what you love and what makes you feel better. ☐

I give you permission to not settle and want more for yourself. ☐

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You don't need my permission, ☐

But now you have it. ☐

And I'm here for you if you need more support.

Written By Dr. Carly Crewe