

I matter too

A mother's self-care manifesto

A declaration and a commitment to loving and caring for myself as much as I do for my children.

Because **#ImatterToo**

I'm a mother, and I feel very grateful.
I love my children and our life together.
But alongside that, I'm also a woman,
an individual hoping for a good life;
one where I can give and receive love,
grow and develop, and leave the world a better place.

So when I ask for some me-time, don't judge me.
It's not about me saying that I come first or
that I'm more important than my family.
It's just me wanting to fill up my cup,
so I can carry on giving.

**It's just me saying that *I matter too*.
And so, for me to show up in the way that I really want,
today I am committing to:**

Investing in my wellbeing

Making time to see my friends

Asking for help when I need it

Turning up the music and dancing like nobody is watching

Taking deep breaths and relaxing

Expecting good things to happen

Remembering to be kind to myself when I make mistakes

Trying out new things and stepping out of my comfort zone

Observing and appreciating the beauty that's all around me

Occupying more of my time doing the things that nourish me and help me grow.

Sharing this with love: © Carolina Herrera
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