1 De your 1000 Marie

original quotes by Rachel Marie Martin inspired by The Brave Art of Motherhood



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Inspired by the book The Brave Art of Motherhood

today

is not defined
by the past.
it is your clean slate,
your start.
be fearless
and tomorrow
will be different.

breathe

the moments matter.

not the perfect ones.

but the every single day,
nitty-gritty, showing-up
moments of motherhood.

your kids don't need
perfection. just you.

loving, giving, trying
and simply being
their mom. breathe.

change

there is a powerful moment in life when you decide to either tolerate life the way it is or decide to be brave and change it.

okay

it is okay.

it is okay to not have all the answers.

it is okay to feel.

it is okay to wonder.

it is okay to have days where you just show up and try and do your best.

it is okay, it is okay.

you are okay. breathe.

failing

this word is not a negative thing. sometimes we think that failing means the worst, but what if it means we've tried? and what if in trying we aren't failing, but are learning, growing and changing our lives? that's living.

time

what happens
if you decide
to let go of the past
to forgive the mistakes
to dare to hope in the
future and to live with
ferocious determination
and joy in the now?
breathe, you have time.

movement

there are moments
when it might feel easier to
slow down, to stop, to quit.
but even if life doesn't go
exactly how you had it
planned you have the power
of moving forward
of fighting for today
of making tomorrow
different.

excuses

are the brakes
in life that shout
"just wait, don't fail"
but all the excuses do is
keep you exactly where
you are right now.
if you want change,
stop believing your
own excuses.

carry on

brave mother, who tries
when she's tired
brave mother, who gives
unconditionally
brave mother, who hopes
without answers
brave mother, who loves
without expectations.
carry on, brave mother
carry on.

2 notions

are like a wave.

they ebb and flow
and change with the
season and the time.
they move and twist
and turn and evolve.
yet they never define.
learn from them
but don't let them rule.
you are more than emotion.

fierce

there is nothing
more powerful than
deciding to change
your mindset
and determining that
you no longer will just
wish things were different
but rather you decide to
make things different.

hope

the start, a whisper,
the thought of change
the great risk
worth daring for
worth stepping out for
worth believing.
hope in action
creates waves of
possibility.

coupage

sometimes courage is loud.
sometimes it is silent.
sometimes it is in change.
sometimes it is in resolve.
sometimes courage scares.
sometimes it motivates.
sometimes it is hidden.
sometimes it is found.
find your courage today.

worth

you are worth
believing in yourself.
you are worth daring to
have faith and hope again.
you are worth having and
pursuing dreams.
you are worth having a
life with a variety of
stories that you can
laugh and cry over.
your life matters.

content

we all have stories.
they were never meant
to be compared.
contentment happens
when we celebrate
the stories of others
without grading our
own in the process.

brave

it is brave to feel emotion.

it is brave to fight for your heart.

it is brave to show up for each other.

it is brave to forgive.

it is brave to start over.

it is brave to love.

it is brave to let go.

it is brave to not fit in.

it is brave to dream.

it is brave to be you.

forward

don't focus on the past.
you are moving forward.
you have now, today,
this moment.

dare. be brave.

move.

every inch of change today will change your tomorrow.

celebrate

the road of life
is filled
with ups and downs
and twists and turns
but when you get
to the awesome
moments make sure to
take a moment
and simply be happy.

You are responsible for the words you use to describe yourself. Speak kindly. Speak powerfully. Speak well.