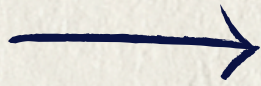


# REFRAME THIS TO THAT

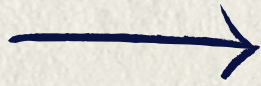
## Mom Edition

"I should be doing more."



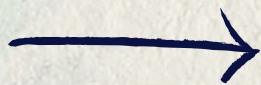
"Rest is part of showing up as my best self."

"I lost my patience today."



"I'm human. I can repair and model emotional growth."

"Other moms seem to have it all together."



"Social media is a highlight reel. My journey is valid and real."

You are doing your best—and that matters.