summer manifesto for mommas

I will refuse to be more concerned over the way I look in a bathing suit than the fun I can have with my family.

I will celebrate the gift of working legs instead of worrying about the amount of cellulite they may hold.

I will GET IN THE POOL when my kids ask instead of hiding beneath my cover-up.

I will show my daughter that a FREE woman isn't valued based on her physical appearance.

I will show my son that his Momma is BRAVE enough to be AUTHENTICALLY HERSELF in a world that keeps screaming at her to be more, do more, have more, and to shrink smaller and smaller.

I will celebrate the moments I am given FREELY and FULLY instead of being worried over what may be bulging, jiggling, or hanging over my waistband.

I will SEIZE THE DAY knowing that eating ice cream cones with my kids may not be the "healthiest" choice, but it may very well be the RIGHT one in certain moments.

I will LIVE as the LOVED daughter that I am and will cling to the truth that I am fully known and fully loved and that it's not dependent on anything I could ever do on my own, anyway.

I will CALL OUT THE GOOD in the women around me.

I WILL BUILD UP.

I WILL CELEBRATE.

I will CHEER ON THOSE who are also bravely pursuing freedom even while baring all of their self-perceived flaws to others.

I will REFUSE to let the way I THINK I look in a bathing suit or a pair of shorts to keep me from fully enjoying the gift of time with my family.

I will DECLARE that I am ALREADY ACCEPTED, ALREADY LOVED, and ALREADY ENOUGH because of JESUS.

I will BELIEVE (and repeat to myself!) that my kids care far more about a Momma that is willing to play with them having fun than if I have six-pack abs.

I will stop staring at my phone so much and will look UP at the beauty right in front of my face.

I will stop striving and hustling to earn my worth.

I will let myself off of the hook.

I will remove my mask and live FREE. Flawed but FREE.

I WILL ENJOY these days and these fleeting moments.

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