



# Morning Prayer for the Elegant Wife/Mother.

My Lord and my God, I thank you for today. I thank You for the gift of life, the gift of Your Love and the gift of Your Providence. I'm grateful for the gift of my family, my home and my unique call to the vocation of marriage and motherhood as a path to my sanctity and to participate in your work on earth.

I deeply desire to answer this call to service today. And so I ask You For the Grace:

- To enjoy living today.
- To live elegantly today.
- To fight against overwhelm and exhaustion today.
- To regulate my emotions. To be patient, bright, cheerful and happy today.
- To be loving and prudent in speech and action towards my husband and babies today.
- To speak only love, life and kindness to and about my husband and babies today and always.
- To be a loving spouse to my husband. For us to be kind, loving, romantic, attentive and collaborative with each other every day, even when we're upset, irritated, tired or overwhelmed.
- To have an attitude of gratitude, acceptance and awe towards my husband and his contributions always, not that of complaint, criticism and condescension.
- To actively show affection today to my husband. Using more physical touch and words of affirmation.
- To have a Christian, faithful, fruitful, loving, peaceful, joyful, fun and happy, romantic and passionate, stable, financially secure, wealthy, healthy, holy, and lifelong marriage.
- To experience today the joys of being my husband's wife and my children's mother.
- To actively spend more intimate time with my husband today.
- To not deprive my husband or children of what I owe them due to laziness, overwhelm or exhaustion.
- To spend less time on calls and social media, and be more present for my family.
- To take care of my family by giving them the best: time, attention, healthy meals, a clean bright and cheerful home, well-done laundry, wholesome family time, etc
- To raise confident, independent, loving, kind, intelligent and holy children.
- To feed my children healthy meals today and for grace for them to grow a taste for healthy food, be willing to try new food, and develop an extensive palate.
- To encourage my children to develop a sense of independence appropriate for their ages, while allowing them to depend on me in areas where they aren't ready to be independent in.
- To enjoy my vocation to the fullest and say my fiat with joy many times today.
- To have a positive mindset shift in how I view my vocation (my husband, kids, the work of homemaking, my apostolate and my work).
- To learn from your Blessed Mother how to be a wife, a mom, a sister, a friend, a neighbour and a colleague at the same time.
- To be disciplined in prayer, and heroic in living my norms and plan of life today.
- To maintain the rhythm of my work and give it my best, doing it according to Your Will.
- To do meaningful work today and engage in an activity today that would improve me as a person.
- To be proactive about rest, self-care and exercise today.
- To gain new experiences and acquire new knowledge and resources relevant to my work, vocation and lifestyle.
- To present my best self at all times today: to look my best whether at home or out, have a smile on my face and a pleasant tone and a pleasant attitude.
- To have an attitude of contentment and abundance, and a healthy and holy detachment from material things.
- (For new moms) To have a smooth and healthy breastfeeding and postpartum recovery journey. To resume my workout and healthy lifestyle. To love my new body while working to get it to my preferred shape, size and weight.
- To acquire a great elegant style appropriate to my age and state in life, invest in my style, and improve and be consistent in my grooming. To make sure my children look well-groomed and well-dressed always. To make sure my home is clean, tidy and tastefully furnished and decorated.
- To help my family develop holistically in their faith and doctrine, culture, education, skill acquisition and social interactions.
- To ease into the best (supernaturally and materially) of my environment. The best community, best lifestyle, best entertainment, best clients, best friends, best services.
- To serve You Lord today by serving my family and those You've placed around me.
- I offer You Lord every wifely and motherly act I'd perform today, as a prayer and an act of worship; for my intentions and those of my family and friends whom I'm praying for.