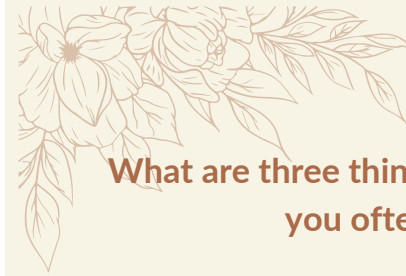


"I am worthy of love and respect, and I embrace my unique qualities with gratitude and joy."

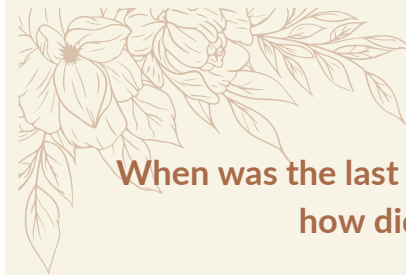


What are three things you love about yourself that you often take for granted?

Imagine yourself surrounded by a warm, comforting light that represents your inner strength and beauty. Envision moments when you felt proud, happy, and loved. Feel the gratitude for these experiences and recognize your worth. Embrace the warmth and allow it to fill your heart with love and self-acceptance.

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"I am brave and resilient, capable of facing any challenge with strength and determination."



When was the last time you showed courage, and how did it make you feel?

Close your eyes and take a deep breath. Visualize a moment when you faced a fear or challenge and emerged stronger. Feel the power and confidence from that experience filling you up. Imagine yourself stepping boldly into new opportunities with the same courage. Embrace the sense of empowerment and determination.

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"I am valuable and deserving of all good things that life has to offer."



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What achievements or qualities make you feel proud of who you are?

Imagine a glowing light inside your chest, representing your self-worth. Picture this light growing brighter with every positive thought about yourself. Recall compliments or accomplishments that made you feel valued. Let this radiant light expand, filling your entire body with a sense of worthiness and self-appreciation.

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"I choose to embrace joy and happiness in every moment of my life."



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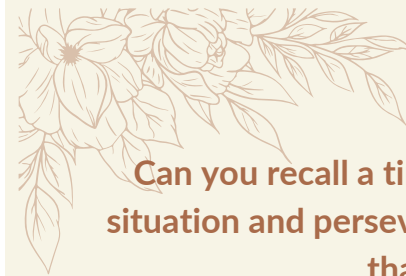


What activities or people bring the most joy into your life?

Visualize a serene, happy place where you feel completely at peace and joyful. Picture yourself engaging in activities that bring you immense happiness, surrounded by people who uplift you. Feel the joy and contentment radiating through you. Let this feeling of happiness soak into every part of your being.

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"I have the strength and determination to overcome any challenges that come my way."



Can you recall a time when you faced a difficult situation and persevered? What did you learn from that experience?

Think of a challenging situation you've faced in the past and how you overcame it. Visualize yourself going through the steps you took, feeling the determination and strength that carried you through. Imagine applying this same perseverance to any current or future challenges. Let this feeling empower you.

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"I prioritize my health and well-being, nourishing my body and mind with care and respect."



What are some healthy habits you can incorporate into your daily routine to improve your overall well-being?

Close your eyes and take a few deep breaths. Visualize yourself engaging in activities that promote your health and well-being, such as eating nutritious foods, exercising regularly, and getting enough rest. Feel the positive energy and vitality flowing through your body.

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