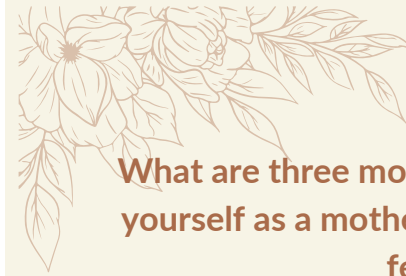


***"I am a loving and capable mother,  
embracing each moment with patience  
and grace."***



**What are three moments where you felt proud of yourself as a mother, and why did they make you feel that way?**

Visualize holding your baby in a moment where you felt deep love and connection. Feel the warmth of that moment filling your heart. Let this feeling expand, reinforcing your capability and love as a mother.

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***"My body is strong and resilient,  
beautifully adapting to the changes of  
motherhood."***



**How has your body shown strength and resilience during and after pregnancy?**

Imagine a golden light flowing through your body, highlighting areas that have shown strength and resilience. Appreciate these parts of yourself and send them love and gratitude. Feel the strength within you and celebrate your body's incredible journey. This moment is yours to honor your body's strength and adaptability.

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***"Every day, I grow more confident in my abilities as a mother, and my bond with my baby deepens."***



**What activities or interactions have helped you feel more confident as a mother?**

Visualize a series of interactions with your baby where you felt confident and connected. Feel the love and bond between you growing stronger with each moment. Let this feeling of confidence and deep connection fill you up. This moment is yours to celebrate the growth of your bond and your increasing confidence as a mother.

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***"I am surrounded by support and love, and I accept help when I need it without guilt or shame."***

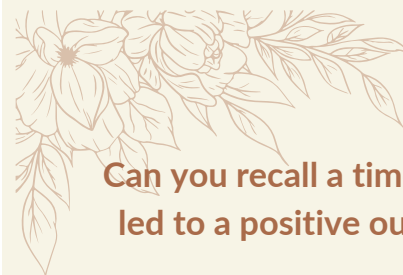


**Who are the people in your life that you can rely on for support, and how have they helped you?**

Imagine a circle of supportive and loving people around you, each offering their help and encouragement. Visualize yourself accepting their support with gratitude and without guilt. Feel the strength of this network lifting you up. This moment is yours to acknowledge the support around you and embrace the help you deserve.

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*"I trust my instincts and intuition to guide me through this new journey with confidence."*



**Can you recall a time when following your instincts led to a positive outcome for you and your baby?**

Close your eyes and take a deep breath. Visualize a calm, inner voice guiding you with clarity and confidence. Remember a moment when trusting your instincts brought peace or resolution. Feel the assurance and trust in your own intuition growing stronger. This moment is yours to embrace the confidence in your inner guidance.

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*"I am deserving of rest, self-care, and compassion as I navigate the challenges of postpartum life."*



**What are some small acts of self-care that make you feel rejuvenated and cared for?**

Find a comfortable place to sit or lie down. Close your eyes and take slow, deep breaths. Imagine a peaceful sanctuary where you can rest and recharge. Picture yourself engaging in acts of self-care that bring you joy and relaxation. Allow the feeling of compassion and care to envelop you. This moment is yours to prioritize your well-being and practice self-love.

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