

motherhood rebellion

be real not perfect



Affirmations

Are a very simple and effective way to improve your self confidence, create a greater feeling of wellbeing and develop a positive mindset.

They take a small amount of time with a big impact!

1 Get some Post-it notes

They are the perfect size for one sentence and can stick anywhere! Go classic **yellow** or **neon pink**, whatever resonates with you!



2

Listen to your inner critic

- What negative comment does it say to you?
- The best times to hear it;
Look in the mirror, it will raise its ugly head.



3

Flip it

What positive statement can you change the negative to?

e.g Inner critic says "I am fat/ unlovable"
FLIP IT "I am perfect right now, I am worthy"

Or try:

'I am enough'

'I am grateful for...'

'I love...' (insert your badass feature)



4

Write it down

Use some nice pens if you are a stationary geek or keep it simple. Get the good stuff down on paper.



5

Place them everywhere!

On a mirror, where you eat breakfast, the fridge, front door etc. Look at them ALL the time!

