



Challenging My Limiting Beliefs

Negative self-talk does a few things:




It affects our experience of motherhood, our self-esteem, our outlook on life...

...It stops us from growing and achieving our full potential.

Here's where you can challenge these limiting beliefs and actively work towards being happier and healthier.

'Cause sometimes, all you need is a gentle reminder about how strong you really are - words that come directly from YOU.

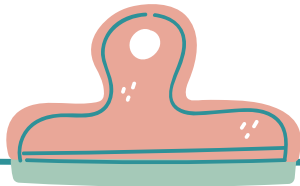
Instructions: For the first box, check in with your emotions. How are you feeling in this moment? In the second box, write down exactly what you're thinking to yourself that's the root cause of your main emotion today. And in the final box, challenge that limiting belief and write down its complete opposite.

 <h2>HOW AM I FEELING?</h2> <p>Ex: 8/18/21 - Discouraged</p> <p>-----</p> <p>Today, I feel...</p> <p>-----</p> <p>Today, I feel...</p> <p>-----</p> <p>Today, I feel...</p>	 <h2>LIMITING BELIEF</h2> <p>Ex: I'm not good enough to be someone's mom</p> <p>-----</p> <p>What I'm thinking...</p> <p>-----</p> <p>What I'm thinking...</p> <p>-----</p> <p>What I'm thinking...</p>	 <h2>THE TRUTH</h2> <p>Ex: I am enough just as I am</p> <p>-----</p> <p>Your truth</p> <p>-----</p> <p>Your truth</p> <p>-----</p> <p>Your truth</p>
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This is meant to help you make powerful mental shifts so that you can begin to feel better, mama. You deserve it.



HOW AM I FEELING?

Today, I feel...

Today, I feel...

Today, I feel...



LIMITING BELIEF

What I'm thinking...

What I'm thinking...

What I'm thinking...



THE TRUTH

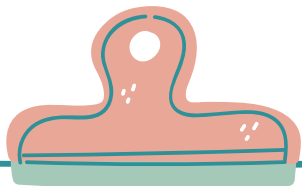
Your truth

Your truth

Your truth



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HOW AM I FEELING?

Today, I feel...

Today, I feel...

Today, I feel...



LIMITING BELIEF

What I'm thinking...

What I'm thinking...

What I'm thinking...



THE TRUTH

Your truth

Your truth

Your truth