



SONA

But First... RELEASE

We are going to be focusing on all the wonderful expansion in your life, but first let's release to make space for it.

RELEASE

WEEK 1 – WHAT’S BEEN GOOD?

What’s been good?

Note at least 5 things from this past week which have gone well, anything that’s good. It can be the smallest things or something big. A lovely moment with your wee one, a chat on the phone with a friend, getting on top of the washing, a hot cuppa tea, coping better with something than you expected. Please feel free to share them in the Hypnoparenting Facebook Group too, it’s great to see all the positivity.



RELEASE

WEEK 1 – WHAT CAN I RELEASE?

What can I release?

Take some time to think about the things you do in a week, or the things you intend to do. Sometimes it's not possible for us to do it all! Have a think about the absolute priorities including what you want to prioritise for your wellbeing. What can you get help with and what can you release?

It is important I do this myself	Areas where I can ask for help	Things I am ready to release



If you need any help or inspiration, please ask in the Hypnoparenting Facebook Group and we'll help you out.

RELEASE

WEEK 1 – PRIMITIVE MOMENTS

Primitive Moments

After watching this week's video, think back to the primitive moments you experienced this week, what would have helped you react in a more intellectual way?

If you're struggling with any of these questions or if this brings an ah-ha moment, please pop over to the group and share.

