



SONA

The CONFIDENCE Expansion

This is a vital part of getting the real you back. Feeling resilient and knowing you can cope with the day.

CONFIDENCE

WEEK 4 – WHAT’S BEEN GOOD?

What’s been good?

Write at least 5 things down 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 you 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 Facebook group too, it’s great to see all the positivity.



CONFIDENCE

WEEK 4 – WHERE DO YOU FEEL CONFIDENT?

Where do you feel most confident?

Think back to the times you felt really confident, and strong. What were you doing? Who were you with, did they contribute? What was it that helped you feel that way?



CONFIDENCE

WEEK 4 –IT’S MAGIC WAND TIME!

What does more confident look like?

Take a moment and think about your overall confidence level out of 10./10
Now imagine that I’ve waved a magic wand and you wake up one level up from where you currently are, or maybe even two. So if you were 4/10 now you’re 5 or 6 /10.

What would you be doing differently?

And now, what one small step can you take towards feeling that way? (Because you are becoming more confident every day as you regain intellectual control, so plan for that real version of you!)



TOOL – AFFIRMATIONS

(WHAT, WHY AND HOW)

WHAT, WHY AND HOW?

Affirmations are becoming more and more popular, especially when preparing for birth, but they're a great tool for parenthood too.

What are they?

Short positive statements about anything you need a boost with in parenthood or general life. They're also used in other contexts including sport and business.

Why use them?

They help build a more positive mindset, and encourage us to be more positive and confident. (They count towards activities that help with positive thinking)

How can I use them?

The key is repetition, writing them on 'Post It' notes and sticking them where you'll see them each day, making them your phone lock screen, saying them out loud, making bunting – really there's no limit!

AFFIRMATION RULES

There are three simple rules to follow when writing your own affirmations:

1 – **Positive** - This seems obvious, but make sure you've not got any negative words in there, for example, 'I am not stressed' is not 100% positive, instead 'I am calm' would be better.

2 – **Present Tense** – Imagine affirmations like a dress rehearsal, use 'I am' instead of 'I will'.

3 – **Personal** – Ideally they should be personal to you, we all have different favourites. If there is something that is bothering you, make an affirmation to counteract it.

SOME OF OUR FAVOURITES

I feel confident, I feel safe, I feel secure

I am strong

I am enough



CONFIDENCE

WEEK 4 – MY AFFIRMATIONS

Create your own affirmation

Note down here your own affirmations, the things you need to hear yourself thinking! The things that give you a boost and help you feel more confident.

(Share your favourites in the Hypnotherapy Facebook Group)

