



# WARRIOR GODDESS

## Anti-Resolution Challenge

### Day 5

### ***Soothing: Exploring the Inner Mama, Beloved, and Love-Maker***

Write a soothing statement that you can share with yourself when you feel challenged. This is a rewiring of how you talk to yourself... imagine bringing your sacred presence, patience, and play to a beloved friend or baby animal that needs your guidance.

I am feeling. . .

I can feel my desire to . . .

Instead, I will . . .and focus on . . .

I am dedicated to supporting myself to. . .

#### **Here's a couple of examples:**

##### *Controller*

I am feeling really overwhelmed. I can feel the desire to understand everything and do everything perfectly. Instead, I will rest for a bit and focus on letting go.

I am dedicated to supporting myself to surrender up what is not mine and trust the process.



# WARRIOR GODDESS

## Anti-Resolution Challenge

### Day 5

### ***Soothing: Exploring the Inner Mama, Beloved, and Love-Maker***

#### *Distractor*

I am feeling really confused. I can feel the desire to make it all go away and put my attention on something easier. Instead, I will stay with the discomfort a moment longer and focus on staying right here.

I am dedicated to supporting myself to stay in the present moment and get curious instead of scattered.

#### *Isolator*

I am feeling closed in on. I can feel the desire to run away and hide so no one can see me. Instead, I will breathe and tell myself I am safe, and focus on exploring how to create connection with myself and others.

I am dedicated to supporting myself to stay in the present moment and get curious instead of scattered.

#### *Pleaser*

I am feeling out of control. I can feel the desire to help someone else and put my attention outside of me. Instead, I will breathe into my belly and focus on listening to what I need.

I am dedicated to supporting myself in learning who I am and stay with my own inner work.



WARRIOR GODDESS

# Anti-Resolution Challenge

## Day 5

### ***Soothing: Exploring the Inner Mama, Beloved, and Love-maker***

*Now make your own.*

I am feeling \_\_\_\_\_.

I can feel my desire to \_\_\_\_\_.

Instead, I will \_\_\_\_\_ and focus on \_\_\_\_\_.

I am dedicated to supporting myself to \_\_\_\_\_ and

\_\_\_\_\_.

*Great. Now let's practice!*

Say your statements aloud 3 - 5 times to yourself. You can do so in the mirror, while you adorn your body with oil or lotion, or while you're enjoying your favorite hot beverage.