



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.



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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.



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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.