

GUIDE TO
using affirmations:
PRACTICAL TIPS AND HINTS FOR MOTHERS

By Cherie Pasion



Introduction

Welcome!

Thanks for finding your way to the **Guide to Using Affirmations: Practical Tips and Hints for Mothers**. The aim of this guide is to help you reap the benefits of the Affirmations for Mothers cards and the Connected Mama App - powerful tools that can help you in your parenting journey.

In this guide you will find an explanation about affirmations and how to make them work best for you, plus practical tips, useful tools and examples.

Smoothing out the emotional rollercoaster

In the early days of being a parent it can feel like the whole world has turned upside down. Suddenly everything has changed.

As wondrous and exciting the new journey can be, it can also be a time of heightened uncertainty, fear and challenge, not to mention raging hormones and utter exhaustion. It truly is an emotional rollercoaster ride.

During this time of ups and downs it can be helpful to have a toolkit of resources that you can draw upon when you need them. In the early days of motherhood, at home with a baby who is fully dependent of you, women state they feel isolated, lonely and exhausted. Therefore, the aim of the Affirmation for Mothers cards is to provide 'in-real-life' tangible prompts that you affix to areas you often look at to provide positive pep-talk when you really need it most.

For example, one couple told me about this usage: Each night, before going to bed, the husband chose and affixed two affirmations to the fridge door. When his wife woke up, she was met with positive pep-talk hand chosen by her beloved.

Other women, myself included, stuck them to the wall next to the change table, where they can be glanced at multiple times per day.

Trust the affirmation will find you

You will find that individual affirmations resonate at different times. Some may not seem as appropriate or relevant at times, and that's to be expected. With regular use, however, you'll find that one, or even several, of the affirmations will speak to a specific challenge that is present at that time. Alternatively, they may act as simple reminders of what can be experienced in a better feeling state.

Affirmations can reinforce your good days and provide strength and confidence on the tough days. It's hoped this guide will help support your mindset so you can cope better in the long, early days of motherhood.



About affirmations

What is an affirmation?

Speaking broadly, an affirmation is a positive statement that describes a specific situation that you would like visible in your life. It is a statement about who you are and what you can become.

Affirmations are often targeted at a subconscious set of beliefs that you want to change and improve to be positive and self-cultivating.

Affirmations are universal and can be drawn upon by people of different backgrounds, cultures, beliefs and circumstances. Drawing on the principles of positive psychology, affirmations act as anchors to reset, or strengthen, your beliefs about parenting and bring empowering thoughts to the forefront of your consciousness.

The Affirmations for Mothers cards are tailored to the stage of life where you have a newborn baby or infant. This is largely a time where parents feel a loss of their sense of control, instead finding themselves at the mercy of well-honed survival instincts of a wholly dependent child.

The affirmations included in the Affirmations for Mothers card pack are aspirational, aiming to create a series of beliefs that encourage confidence and reassurance in this tumultuous time.

Why use affirmations?

The negative statements in our subconscious mind tend to be reinforced constantly. Most of us are quite familiar with that voice that sits in our mind, ready to squash our ideas, remind us of our fears and past inadequacies. It is the voice of the subconscious and it's hardwired through years of habit to focus on negative and destructive thoughts and beliefs.

Did you know, a great deal of the beliefs that we hold true are from what we heard from our parents, caregivers, teachers, society at large from when we were less than six years old? That said, we needn't be tough on ourselves or our parents, as it's possible to proactively change our limiting beliefs into those that better serve us.

With regular practice, affirmations can help override these negative statements we keep, hear and tell ourselves.



How to use affirmations

How do affirmations work?

Affirmations create a bridge between the conscious and subconscious mind.

Beliefs are stored in your subconscious mind and are influenced by past experiences, values, societal and family influences, among other things. Your subconscious mind accepts negative thoughts and limiting beliefs just as easily as it accepts positive and expansive ones.

By saying affirmations regularly, with conviction and passion, you can use your conscious mind to rewire your existing limited beliefs and create new ones.

By consciously repeating positive affirmations, you are hardwiring a new circuit in your brain making the positive belief the path of least resistance. This means that your positive belief will be the leading thought that pops up and gradually your negative and limiting thought is pushed from your mind.

Regular use of affirmations embeds your new beliefs and allows you to respond more calmly and in control to the challenges that present themselves to you in your parenting journey. You can create, reinforce and draw upon your positive beliefs, presenting you with an attitude of capability, so you can say, "I've got this" when you hit a stumbling block.

You'll find something shift after you make daily affirmations a habit. You'll find that you respond in a calmer manner to your baby's day-to-day routine. You may even find your baby becomes calmer as they respond to your energy. As the popular saying goes, "Happy mother = happy baby."

Practical tips and hints

Affirmations are a set of tools arming you to change your subconscious beliefs for positive change. But like any tool, you need to know how to use them, how to maintain them and keep them sharp and ready for future use.

Use affirmations multiple times every day

Repetition is key as it reinforces the messages, especially when they are said with emotion and conviction.

Place them where you will see them regularly

It is helpful to post your affirmations up somewhere you often look – on the wall next to the change table, on the bathroom mirror, on the fridge, behind the bathroom door, on



How to use affirmations

the bedside table. Even better if it's the first thing you see in the morning and the last thing you read before going to sleep.

Note: This is the reason why I created the Affirmations for Mothers single-sided. The intention is for them to be stuck up and in sight – not kept in their box or face-down in a bowl like how Oracle cards often are used.

Say your affirmations out loud

Affirmations work most powerfully when you say them out loud in your own voice and authority. Your subconscious mind is most familiar with your own voice and will be more open and receptive to the message.

Use language that is meaningful to you

Language is fluid and your subconscious mind is most familiar with the language you use. If you find that an affirmation uses a word or phrase you typically may not use, then feel free to change the word or language to something you are more comfortable or familiar with. Just use the affirmation cards as a guide.

For example, if you read “I have what it takes to be a great parent” but you prefer “fabulous mother” then use those words.

If there are words that might bring up negative responses, for example, “I have trust in the parenting instincts that are ingrained within me” and unfortunately those ingrained instincts were based on generations of trauma, then remove that card completely from the pack, or change the words that could potentially bring up hurt.

Or if you feel the affirmation is too specific for your circumstance, feel free to make it broader.

These cards are purely meant to be a guide or starting point – you have the permission and the power to change them so they meet your specific circumstances.

Say your affirmations to yourself in the mirror

Saying affirmations to yourself in the mirror is very powerful as you are amplifying the importance of the words to your subconscious mind. This may be confronting at first and it may take some time to build up to being ready to look yourself in the eye and say the affirmation. Be gentle on yourself, acknowledge how you feel and give yourself love and compassion.



How to use affirmations

Make it a sensory experience

Your subconscious mind responds to all your senses. If you can incorporate as many senses into your affirmations as possible, you will have more rapid response. For example, you can sing the affirmations or dance around with your baby to them. You can write them down. You can make a chant to them. You can listen to recordings of them. If you wanted to smell and taste your affirmations, you could even write them out with icing or chocolate next time you are baking! There are no limits to how you can experience your affirmations, so get your creative juices flowing.

Take stock of your feelings

To get the most out of your affirmations, it's important that you take stock of how you are feeling before you say your affirmations. You want to be reaching for the best feeling thought that suits how you are placed in the now.

If you are feeling great, that's terrific – the affirmations will resonate and will cross the bridge between the conscious and subconscious mind easily.

If you are feeling less than great, then it might be a good idea to use some of the tips in the *'Tips for changing your state'* section to get you in a better feeling state. Otherwise, you might be saying the affirmations from a state that doesn't serve you and as we are about to discuss, they might even make you feel worse.



Mind frame matters

There is a catch! Mind frame matters

I feel it would be irresponsible if I don't share this following information.

For you to really reap the benefits of affirmations, it's important to be in the right mind frame when you use them.

If you read or say an affirmation and you feel worse as a result of saying it – then you won't be the first to feel that way. This can be a perfectly normal response depending on your state. If you are feeling down or anxious or upset, and you see an upbeat message that is the exact opposite of how you feel – it's likely that you will feel down on yourself. You shouldn't beat yourself up for feeling that way. There is a lot of power in giving yourself permission to feel what you feel.

However, if you want the affirmation to resonate, there is a way to get there from where you are feeling. It's a matter of changing your state.

Here's an example of what I mean:

When my firstborn son was around 8 weeks old, we had a bad day. At this stage, I had handwritten affirmations plastered around the place and I would focus on one or two of them regularly.

On this day, my son was incessantly crying and all the things I would typically do to calm him down weren't working. We were both in a heightened negative state. At one point I looked at us in the mirror, both crying, and I remembered a scene from the Australian comedy show 'Kath and Kim', where Kim said to her baby "Oh stop crying Epponee-Rae, it's Mummy's turn to cry." I couldn't have resonated more with that sentiment at that moment!

At some point during this low point I remembered about my affirmations. However, they felt unbelievable. I didn't feel empowered, I felt like a failure and completely out of control.

Luckily that was when my mother called. I was a blubbing mess as I relayed what was happening. She listened and then simply said, "Get out of the house, go for a walk, fresh air will do both of you the world of good."

Taking her advice, I strapped bub into the carrier and we went for a walk. He gradually calmed down and fell asleep, I got myself a takeaway tea and the two of us walked and walked and walked and walked.

At some point on the walk I remembered my affirmations. This time, because I was in a better state, I could relate to them again. Yes, I could get us through this day.

What I learnt from that experience:

It doesn't matter how you 'normally' feel, if you're reading an affirmation and you're not in the right mind frame or state, you probably won't believe the affirmations you tell yourself and will likely feel the opposite.

It's perfectly fine to feel the way you feel. Just acknowledge how you feel and find something that will make you feel a bit better. Once you feel a bit better, the affirmation will likely be more resonant.



Tips for changing your state

Tips for finding your happy place

The below tips have been created in mind to lift your mood in a matter of minutes. As a mother, I understand that time is critical with a baby and so is your environment - it might not be easy to leave the house, especially if you have more than one child.

Energy boosting activities:

- Breathing exercises, such as inhaling to the count of four, holding for the count of four, and exhaling out to the count of eight.
- Meditation, which can be as simple as focusing on your breathing for a few minutes or listening to the sounds of the room.
- Get moving with some simple exercises - you can do some simple stretches, or put on an upbeat song and dance around with your baby.
- Listen to upbeat or calming music.
- Burn or diffuse some relaxing essential oils.
- Get outdoors and spend time in nature - even if that's as simple as standing barefoot on the grass outside (maybe putting out some of that never ending laundry that you find yourself doing now - but hanging them out barefoot and mindfully, taking in the fresh air, the feel of the breeze and sun on your face, listening to the sounds of your garden).



Recap: Top things to remember

To get the greatest impact from your affirmations, find your happy place!

Use your affirmations regularly. Paste them somewhere you will see them often – like your fridge or on the bathroom mirror.

Engage your senses: say your affirmations out loud, dance to them, sing them, eat them! Do whatever works to shift the belief from your conscious to subconscious mind.

Make sure you use the words “I, me, my” putting you on the centre stage in your affirmation.

Fake it until you make it - say your affirmation in present tense as if it is already happening.

Use positive language in affirmations. Always. (You can do it!)

Ensure the affirmation is meaningful for you – change words around to fit your language style.

If sometimes your affirmations don't feel right, just accept how you feel and do something to find your happy place.

Relax and enjoy your affirmations – they are a tool you can use but they are only that, a tool – so have some fun with them and remember you have permission to make them suit you.



About Connected Mama

About The Connected Mama Movement

The Connected Mama Movement is focused on growing and evolving, not just as mothers, but as individuals on our own journey. It's also about forming a deep connection with nature to support this evolution.

To go on a journey of self-discovery and connect with nature find out more at www.theconnectedmama.com

About Cherie Pasion

Cherie is a certified life coach with a masters degree in social science and diploma in NLP. She authored the internationally-available book, *'It's Your Birth... Right? A Guide for Professional Women to Calmly Transition to Motherhood'*. Her focus is on helping women grow and evolve as individuals and mothers, through immersion in nature. Cherie lives on the edge of a national park in Brisbane, Australia and often be found with her boys getting lost in nature.



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