

Empowering Parents To Raise Confident, Resilient and Happy Kids

Step 3: Heart centered communication

**How we perceive ourselves is how we think other
people are perceiving us.**

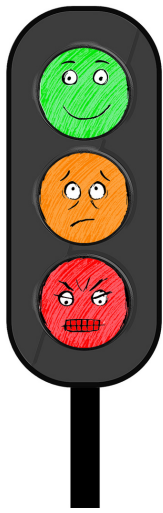
1st Pillar - How you communicate with yourself.
This is where you have paused the video.



What is your inner critic/mind chatter saying about you, what are you
constantly telling yourself?

Write a list below.

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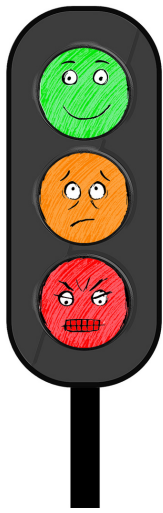
Breaking the state and mind chatter.



Flip and affirm

- I'm a great mum
- I've got this
- I love and like myself unconditionally
- I am calm
- I can manage my emotions
- I do my best everyday
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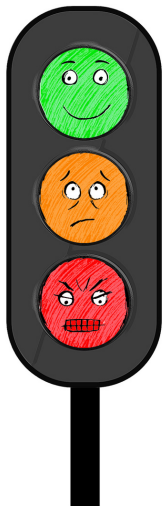
Gently twang the rubber band and reframe your thoughts.



What would you be saying to your friend if you heard them saying the same as you tell yourself?



Now say the same to yourself!



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Dance like no one is watching!

Woohoo I'm amazing!



Nail your mind chatter!
Libby x