

WEEK 1:

H O N O R I N G T H E D I V I N E M O T H E R

Hi Mama!



HYPNOTHERAPY FOR
EMPOWERED MOTHERHOOD
M.O. HYPNOSIS

FOCUS: A Balanced Mama

Encouragement, Group Support, Nervous System Repair, Nutrition, Hope and Vision

AFFIRMATIONS:

- “I honor myself as a woman and a mother.”
- “I deserve nourishment, rest, and love.”
- “Each moment I care for myself, I strengthen my family.”
- Mama’s Choice: _____

REFLECTION PROMPTS:

What would regularly honoring myself as a woman and a mother look like?

What self-care practices feel both realistic and meaningful right now?



HANDOUTS

Honoring the Divine Mother (You!)

Importance of Balanced Blood Sugar

“What I Love About Me” List

HEMOCARE

1. Listen to the recording, read/recite weekly affirmations

2. Remember to balance your blood sugar with protein foods every 3-4 hours
3. Write out the “10 Things I love About Me” Worksheet- Post and read out loud every hour (Or, AT LEAST morning and night).

PRACTICAL TOOL

Create a “self-care corner” or “self-care” toolkit you can put in baby’s diaper bag or car... (i.e., water bottle, protein snack, journal, cozy blanket, essential oil).

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NOTES/REFLECTIONS
