



Boost Confidence and Self-Belief: The Transformative *Magic* of Affirmations for Women

Ready for practical steps and healing practices to dive deeper into your healing journey? This FREE community might change your life!

Hey there, gorgeous ladies! Let's talk about the power of affirmations and why they are so important for our well-being. Affirmations are like little nuggets of positivity that we can use to rewire our brains and create new neuropathways. They are a fantastic tool for boosting our self-confidence, cultivating a positive mindset, and manifesting our desires.

Can we just take a moment to acknowledge that as high-achieving women, leaders, and entrepreneurs it's not always easy. Society can put so much pressure on us, and it isn't living in a and working in male-dominated fields. It can be a challenge! And don't even get me started on balancing our career goals with our personal lives – it's such a balancing act.

Yet guess what? Together we can reach amazing heights. At the **Power of Somatic Intelligence**, we're all about embracing our vulnerabilities, staying true to our feminine power, and building a sisterhood that supports and uplifts. Our team is here to guide you, empower you, and help you reach the next level up.

You see, according to Psychology Today when we repeat affirmations daily, it sends powerful signals to our brain, which starts to believe in the truth of these statements. It's like training our minds to focus on the good stuff and let go of negativity. Pretty amazing, right?

By practicing affirmations regularly, we can cultivate a deep sense of self-belief and resilience. We become more connected to our inner strength and trust in ourselves. It's like giving ourselves a pep talk every day, reminding ourselves of our worth and potential.

So, gorgeous ones, let's make it a habit to practice affirmations every day. Let's set aside a few moments to speak kind and empowering words to ourselves. Together, we'll develop new neuropathways, boost our confidence, and create an inspired life filled with joy, love, and limitless possibilities.

You've got this, beautiful souls! 🙌❤️✨

Here are *20 daily affirmations* for healing trauma and expressing your *divine feminine energy*:

- ❖ I am enough, just as I am.
- ❖ I embrace all my feelings, knowing they're essential for feeling whole.
- ❖ I deserve love, respect and connection.
- ❖ I celebrate my inner strength and how far I have come.
- ❖ Each day, I choose to speak to myself with compassion and understanding.
- ❖ I find joy in the small wins, knowing they add up to great transformation.
- ❖ I trust my body's wisdom to guide me towards healing.
- ❖ I am prioritizing taking time and space to listen to my body and needs.
- ❖ I embrace my femininity with confidence and pride.
- ❖ I'm committed to releasing past trauma & allowing my true self to shine through.
- ❖ I am heard and received emotionally. My feelings matter.
- ❖ Every day, I become more in tune with my true essence.
- ❖ I am not my trauma. What happened to me does not define who I am.
- ❖ It's ok to ask for help. I deserve to be taken care of.
- ❖ I am in love with my divine feminine energy.
- ❖ I am expressing my femininity in beautiful ways.
- ❖ My femininity is my strength, and I honour it unapologetically.
- ❖ My softness empowers me to navigate challenges with grace.
- ❖ My vulnerabilities are gifts that connect me to others.
- ❖ I trust in the wisdom of my divine feminine energy.

Alright, gorgeous ones, it's time to take that first step towards change! Remember, every journey begins with a single step, and you've already come so far by recognizing the power of affirmations. Let's keep up this momentum and continue to embrace our inner strength.

Together, we can create a ripple effect of positive transformation in our lives. So, take a deep breath, summon your determination, and let's embark on this incredible journey of self-discovery and empowerment. Believe in yourself, trust the process, and watch as the world unfolds before you, filled with endless possibilities. Together, let's show the world that we can do anything we set our minds to!

You've got this, lovelies! Keep shining brightly and never forget how truly powerful and capable you are. Ready to make waves?

Let's do this! 🌸 ✨

With love, **Chen Lizra & Team**

