



C. Alexia Martens

**WHISPERS TO THE
SOUL**

*Shine your inner light
into the world.*



Mini Guide of Affirmations & Inner Journaling for Gentle Women

– *C. Alexia Martens*

INTRODUCTION

Dear Gentle Soul,

This is your space, a pause amidst the noise.

A soft return to your inner sanctuary.

Through gentle affirmations and thoughtful reflection,
I invite you to reconnect with yourself, breathe
deeply, and listen to the whispers of your heart.

Whether you're a woman navigating many roles or a
mother tending to others before yourself, these
pages are here to remind you:

You are worthy, You are whole, and You are light.

Take time for yourself.

Journal with care.

Return whenever you need softness.

With love,

Christelle Alexia

PAUSE ONE: CALM & GROUNDING

Affirmations

1. I am safe and rooted, exactly where I am.
2. Peace flows through me like a gentle river.
3. My breath anchors me to this moment.
4. Even in stillness, I am whole.
5. I trust the rhythm of my life.

Reflections Prompts

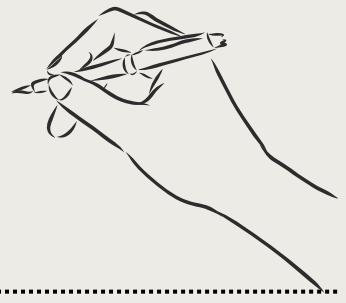
- Where do I feel most grounded in my life right now?
- What practices bring me peace in moments of overwhelm?



JOURNALING SPACE

“Within you, there is a stillness and a sanctuary to
which you can retreat at any time.”

Hermann Hesse



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PAUSE TWO: SELF-LOVE & WORTH

Affirmations

1. I am deserving of love, especially my own.
2. I honor the woman I am becoming.
3. My imperfections are part of my beauty.
4. I give myself grace, not guilt.
5. I am enough, exactly as I am.

Reflections Prompts

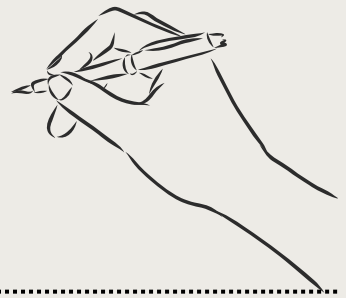
- What parts of myself am I learning to embrace?
- How can I speak to myself more kindly today?



JOURNALING SPACE

“You yourself, as much as anybody in the entire universe, deserve your love and affection.”

Buddha



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PAUSE THREE: CLARITY & COURAGE

Affirmations

1. I trust myself to make aligned decisions.
2. My path is unfolding with purpose and grace.
3. I release fear and welcome clarity.
4. I am brave enough to change, even gently.
5. My courage whispers louder than doubt.

Reflections Prompts

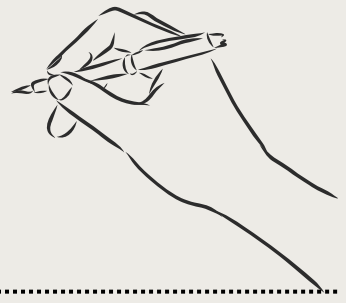
- Where in my life am I being invited to be brave?
- What clarity is already within me that I've been ignoring?



JOURNALING SPACE

“Start where you are. Use what you have. Do what you can.”

Arthur Ashe



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ACKNOWLEDGEMENT

You've taken a beautiful pause. Thank you for choosing presence, softness, and reflection.

May these whispers stay with you throughout your day. May they grow into a loud, loving reminder: You are whole.

I hope you'll continue this journey of transformation and inner peace. If you've loved this experience, I invite you to explore my full eBook, Letters to a Gentle Mother, which is created for women and mothers who are ready to reconnect with their inner light.

GETTING STARTED

C. Alexia Martens

- 📖 Discover the Full eBook
- Letters to a Gentle Mother
- 10 soul-healing letters for women & mothers
- Peace. Light. Love.
- www.lafemmederrierelamaman.com

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OUR GUIDING LIGHTS

*Christelle Alexia –
La Femme derrière La Maman*

GENTLE
MOTHERHOOD,
REAL JOY

HEALING & INNER
BALANCE

CREATIVITY &
EXPRESSION

SACRED SELF-
CARE

FAITH, PURPOSE
& SPIRIT

EMPOWERED
CAREERS &
DREAMS

RESILIENCE &
GROWTH

SISTERHOOD &
COMMUNITY

GRATITUDE DIARY



Motherhood is not about perfection, but about presence.



When you heal yourself, you bring peace to those you love.



Creativity is medicine for the soul.



Self-care is sacred; it restores your energy and light.



Your spirit shines brightest when aligned with your purpose.



Your career should energize you, not drain your energy.



Every challenge is an invitation to rise and grow.



We are stronger when we support and uplift each other.

Shine your inner light into
the world.



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