

The background of the entire image is a light green, textured surface, possibly marble. Several large, multi-petaled pink roses are scattered across the frame. One large rose is at the top right, another is in the middle left, and a third is at the bottom center. The roses have delicate pink and white petals with some darker pink veining. The text is overlaid on this background.

Class One

ANCHORING INTO YOURSELF
AND YOUR BODY

WOMEN'S GROUP COACHING PROGRAM
WITH CONNIE CHAPMAN

“The only person who can pull me down is myself, and I am not going to let myself pull me down anymore.”

C. Joy Bell

WELCOME TO CLASS ONE!

In our first class together, we will be laying the foundations for the journey ahead.

We will be taking a deeper look at your relationship with yourself and how you relate to certain parts of yourself, including your emotions, your intuition and your heart energy.

We will be exploring how you use your energy, how you connect with yourself, as well as tools to help you feel anchored and grounded.

It is ok to work through this workbook in stages or to leave certain questions and revisit them at a later date.

Take your time with the questions and allow yourself to ponder them before answering. Some of them may be challenging to answer or may require some deeper self-reflection.

If there are parts of this workbook that you need further support with or which you get stuck on, bring them to our Group Coaching Call where we can talk through them and I can offer you coaching support and guidance.

Enjoy this first class! I am excited to begin our journey together and I can't wait to see where this journey takes you.

With love,

Connie x

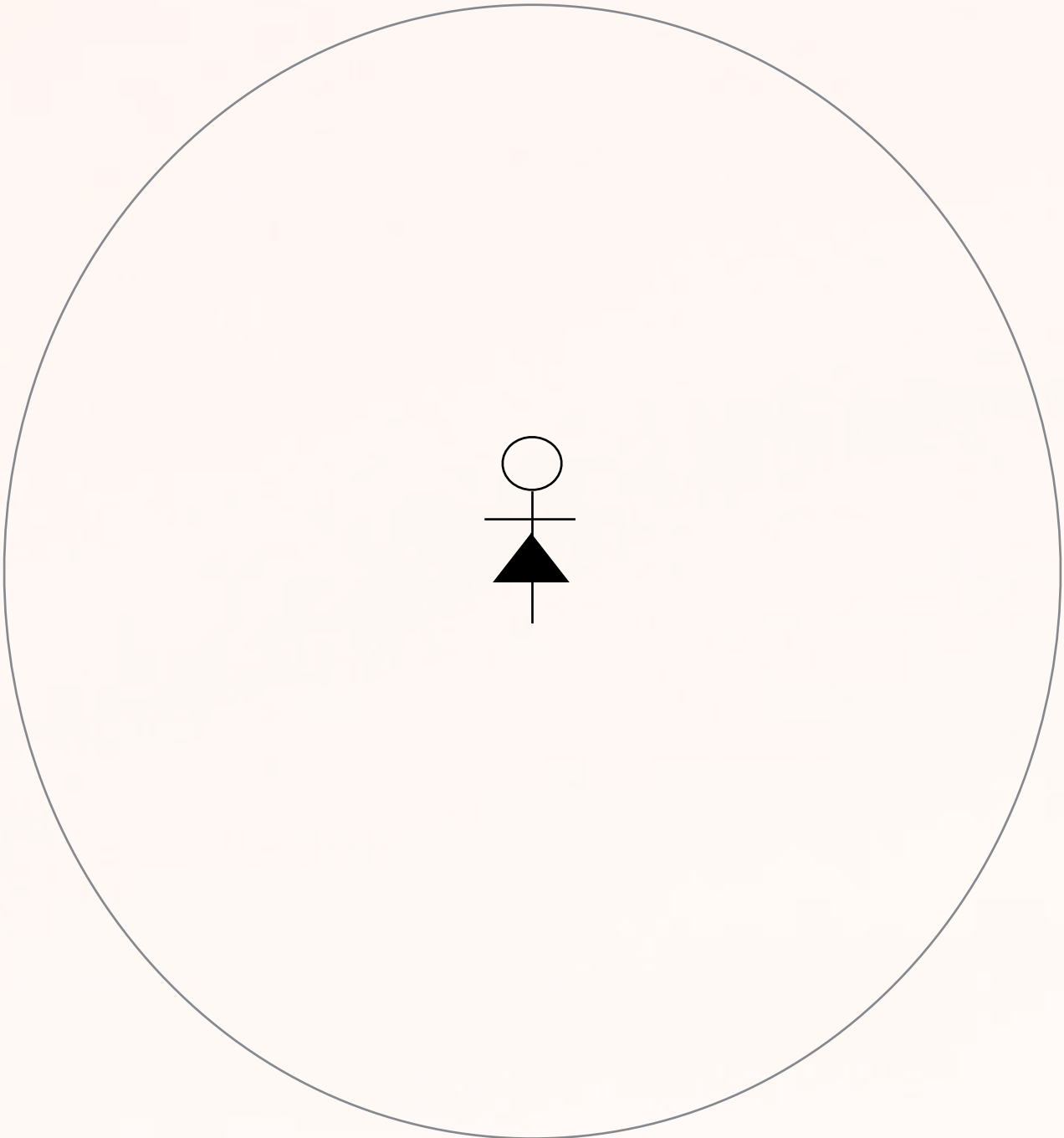
The background of the page is a soft-focus image of several pink roses. The petals are layered and delicate, with some showing a gradient from light pink to a deeper rose color. The overall tone is gentle and natural.

IN THIS CLASS WE WILL COVER:

- Anchoring into your own energy and drawing your focus inwards.
- Cleaning up and healing the places where you leak energy.
- Tools to ground into your body, yourself and the present moment.
- Getting out of your head and connecting more deeply with your heart.
- Feeling safe and at home in your body.
- Practising self-connection and self-care.
- Tuning into your feelings and supporting yourself through your emotions.
- Hearing your inner voice and clarifying how it speaks to you.
- Living guided by your inner wisdom and intuitive feelings.
- Self-trust and how to honour, act on and stand in your personal truth.

1. YOUR ENERGY

IN THE CIRCLE BELOW, WRITE DOWN SOME OF THE KEY PLACES, EXTERNAL SITUATIONS, RELATIONSHIPS OR AREAS OF LIFE THAT YOU INVEST YOUR ENERGY AND GIVE YOUR ENERGY TO:



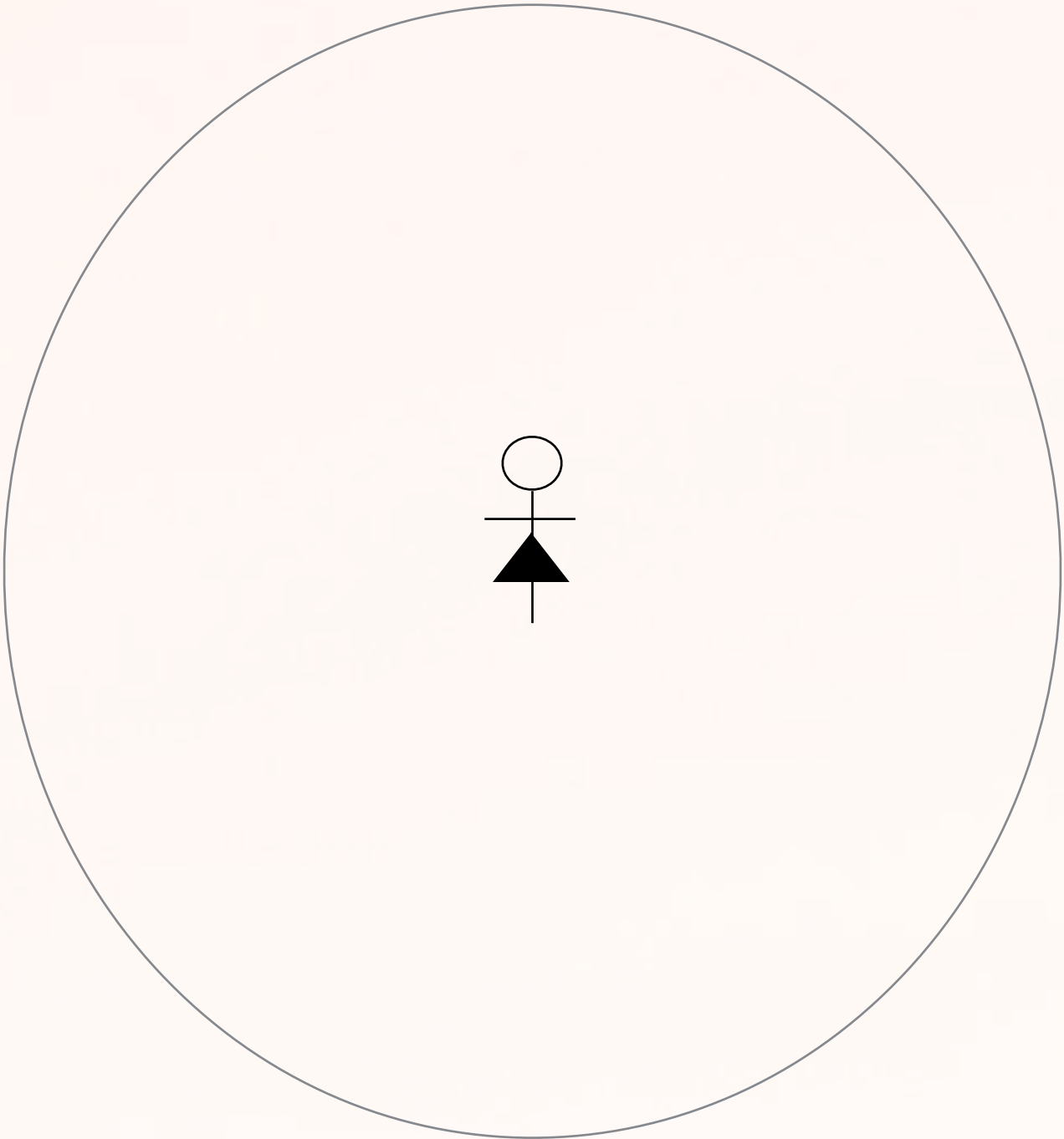
1. YOUR ENERGY

WHICH OF THESE ARE DEPLETING AND DRAINING YOU OR FEEL LIKE THEY ARE 'ENERGY LEAKS'?

WHAT ARE YOUR REASONS FOR CONTINUING TO GIVE ENERGY TO THESE AREAS IF THEY ARE NOT NOURISHING YOU?

1. YOUR ENERGY

IN THE CIRCLE BELOW, WRITE DOWN SOME OF THE KEY SELF-CARE PRACTICES, TOOLS OR THINGS YOU LOVE WHICH NOURISH YOU, REPLENISH YOUR ENERGY AND DRAW YOUR FOCUS BACK ONTO YOU:



1. YOUR ENERGY

WHAT TYPE OF ENERGY DO YOU WANT TO BE ABLE TO FEEL AND HOLD WITHIN YOURSELF AND YOUR BODY?

WHAT HELPS YOU CONNECT WITH AND FEEL THAT ENERGY?

WHAT IMPACT WOULD IT HAVE ON YOU AND YOUR LIFE IF YOU WERE EMBODYING AND FEELING THIS ENERGY?

2. SELF-CONNECTION

WHAT DOES IT MEAN TO YOU TO FEEL CONNECTED TO YOURSELF AND ANCHORED IN YOUR BODY AND YOUR ENERGY?

WHAT CAUSES YOU TO BECOME DISCONNECTED FROM YOURSELF OR FEEL UNGROUNDED?

WHAT HELPS YOU FEEL GROUNDED?

3. YOUR BODY

CHOOSE 3-5 WORDS TO DESCRIBE WHAT IT FEELS LIKE TO BE IN YOUR BODY:

WHAT REASONS MIGHT YOU NOT FEEL FULLY SAFE IN YOUR BODY?

WHAT DO YOU GET TO AVOID BY NOT BEING IN YOUR BODY?

4. YOUR NEEDS

WHICH OF YOUR WANTS AND NEEDS DO YOU FEEL MOST IN TUNE WITH?

WHICH OF YOUR WANTS AND NEEDS DO YOU TEND TO IGNORE THE MOST?

WHAT COULD YOU START TO PRACTISE THAT WOULD HELP YOU FEEL MORE IN TUNE WITH YOUR WANTS AND NEEDS?

5. YOUR HEART

HOW WOULD YOU DESCRIBE WHAT YOUR HEART ENERGY FEELS LIKE?

HOW TRUSTING DO YOU FEEL OF YOUR OWN HEART, ITS FEELINGS
AND ITS GUIDANCE?

WHAT HEART QUALITIES DO YOU WANT TO BE ABLE TO EMBODY AND
EXPRESS MORE OF?

6. YOUR EMOTIONS

THE NEXT TIME A STRONG OR UNCOMFORTABLE EMOTION ARISES, CREATE A SAFE SPACE TO SIT WITH YOURSELF AND WORK THROUGH THE FOLLOWING QUESTIONS:

WHAT IS THE EMOTION THAT IS ARISING?

WHAT TRIGGERED THIS EMOTION?

WHAT DOES THIS FEEL LIKE IN YOUR BODY? (DESCRIBE THE SENSATIONS IN AS MUCH DETAIL AS POSSIBLE).

6. YOUR EMOTIONS

SIT AND BREATHE INTO THIS EMOTION AND WRITE DOWN ANY MESSAGES OR INSIGHTS YOU RECEIVE ABOUT WHY IT IS HERE:

WHAT IS THIS EMOTION TELLING YOU THAT YOU NEED? (E.G. TO HAVE A CONVERSATION, TO PUT IN A BOUNDARY, TO PRACTISE GREATER SELF-CARE, TO HONOUR MY NEEDS, TO ACT ON MY INTUITION, TO HEAL A WOUND, ETC.)

7. YOUR INTUITION

WHEN DO YOU LAST REMEMBER HAVING A STRONG GUT INSTINCT OR INNER KNOWING ABOUT SOMETHING?

WHAT DID THIS INSTINCT OR KNOWING FEEL LIKE IN YOUR BODY?

DID YOU ACT ON IT OR FOLLOW IT? IF SO, WHAT HELPED YOU FEEL SAFE AND TRUSTING OF THIS FEELING?

8. SELF-TRUST

WHERE ARE YOU STRUGGLING TO TRUST YOURSELF, YOUR DESIRES,
YOUR FEELINGS OR YOUR INTUITION AT THE MOMENT?

WHY DON'T YOU TRUST THESE FEELINGS?

IF YOU DECIDED TO TRUST IN YOUR FEELINGS COMPLETELY, WHAT
STEPS WOULD YOU BE TAKING?

WELL DONE!

Well done for diving deep and looking within to answer these questions. There is no right or wrong way to complete this workbook, so please trust that whatever has flowed onto these pages is perfect.

If you have had any insights or realisations while working through these questions or if there is anything you feel to share, please do come over to our Facebook group and post your experiences. If you have questions or feel stuck in any area, again come into our community and let us know.

While you may feel that something you are going through is quite specific to you, I want to reassure you that others in the group will gain so much from what you share. I have no doubt everyone will be able to relate on some level to what you are working through.

Allow yourself to be vulnerable and to be seen and held. Remember that you are part of a community and we are all here for you. The more that you share yourself and your experiences, the more you will open up to receive the support you need.

I am honoured to be sharing this journey with you and I look forward to seeing what shifts and unfolds for you.

With love,

Connie x

