

A lit candle in a glass jar is held by two hands. The hands have purple nail polish with black geometric designs (triangles and dots) on the nails. The candle is lit, and the flame is visible. The background is a dark teal color.

Class Four

OWNING AND RECLAIMING YOUR
DIVINE POWER

WOMEN'S GROUP COACHING PROGRAM
WITH CONNIE CHAPMAN

“These are burning times, and they call for burning women. Women embodied in their passion. Women feeling in their bodies.

Creative women. Courageous women.

Women who have learned to run on a different power source to the world which is falling into flames around her. Centred within herself, receptive to the Earth beyond her, she knows how to cultivate from the ashes. She knows how to find the embers to fuel a new fire. Burning women arise. Our time is now. Our time has come.”

~ Lucy Pearce

WELCOME TO CLASS FOUR!

In today's class, we will be exploring what it means to be a divinely empowered woman. I will be supporting you to step more fully into your power and work through any fears or resistance you hold around embodying this energy.

Being powerful does not mean being aggressive or dominant. Being powerful is about being empowered within yourself and no longer giving your power away. It is about claiming your birthright to be the creator of your reality and manifesting a life that deeply nourishes you.

When you are living as an empowered woman, you honour your truth, stand up for yourself and set a standard for how you wish to be treated. An empowered woman is courageous, brave, honest and heart-centred. She implements boundaries, has difficult conversations and says no when she needs to in order to honour herself and her needs. She lives in alignment with her inner wisdom and does the inner work to fill herself up from within.

Living in your power is a form of self-love and self-care. It communicates your worth to others and to the Universe. It is a way that you deeply honour and protect the magnificence of who you are.

Being powerful connects you with the divine. It is a doorway to accessing your higher wisdom and the Universe. It is your gift as a woman to live this way, so I am excited to support you to step into this in a much deeper way in today's class.

With love,
Connie x

IN THIS CLASS WE WILL COVER:

- Your relationship to power and how you feel about being powerful.
- What it means to embody divine power.
- Boundaries and protecting yourself energetically.
- Stepping into your divinely empowered feminine self and fully embodying her energy.
- Healing any fears of resistance around activating and embodying your power.
- Speaking your truth from a place of authentic power and having courageous conversations.
- Saying no and deeply honouring yourself and your needs.
- The places you are giving away power and how to know if something has power over you.
- Reclaiming and calling back your power.
- Using your intuition to support you and trusting in its guidance.

1. POWER

WRITE DOWN A FEW WORDS THAT COME TO MIND WHEN YOU HEAR THE WORD POWER OR POWERFUL:

HOW DO YOU FEEL ABOUT YOUR OWN POWER?

DO YOU HAVE ANY NEGATIVE STORIES OR FEARS ABOUT YOUR POWER THAT PREVENTS YOU EMBODYING IT?

1. POWER

WHAT DID YOU LEARN ABOUT MASCULINE POWER?

WHAT DID YOU LEARN ABOUT FEMININE POWER?

2. THE EMPOWERED WOMAN

WHEN DO YOU FEEL THE MOST EMPOWERED?

WHAT DOES BEING EMPOWERED FEEL LIKE IN YOUR BODY?

WHAT HELPS YOU FEEL OR ACCESS THIS POWER?

2. THE EMPOWERED WOMAN

HOW DO YOU ACT WHEN YOU FEEL EMPOWERED?

HOW DO YOU COMMUNICATE WHEN YOU FEEL EMPOWERED?

IS THERE ANYTHING DIFFERENT ABOUT HOW YOU MOVE, WALK OR HOLD YOUR BODY WHEN YOU FEEL EMPOWERED?

2. THE EMPOWERED WOMAN

TUNE INTO THE DIVINELY EMPOWERED, SELF-LOVING WOMAN WITHIN. LET'S GET TO KNOW HER MORE DEEPLY.

WHAT IS HER FAVOURITE SCENT?

WHAT IS HER FAVOURITE SELF-CARE PRACTISE?

WHAT IS FAVOURITE PLACE IN NATURE?

WHAT MAKES HER FEEL PAMPERED?

WHAT IS HER FAVOURITE COLOUR TO WEAR?

WHAT IS HER FAVOURITE SONG TO DANCE TO?

WHAT IS HER FAVOURITE WAY TO CONNECT WITH HER BODY?

WHAT MAKES HER FEEL CONFIDENT?

WHAT MAKES HER FEEL SEXY?

3. RECLAIMING POWER

IDENTIFY 3 KEY AREAS WHERE YOU GIVE YOUR POWER AWAY (E.G. WHERE YOU ALLOW SOMETHING TO CONTROL YOU, YOUR ACTIONS, YOUR CHOICES OR YOUR FEELINGS).

1.

2.

3.

CHOOSE ONE AND REFLECT ON WHY THIS HOLDS SO MUCH POWER OVER YOU:

3. RECLAIMING POWER

WHEN YOU GIVE YOUR POWER AWAY, YOU ARE RULED BY EXTERNAL FORCES. WHEN YOU RECLAIM YOUR POWER, YOU ARE NOW GUIDED BY AN INNER FORCE - YOUR INTUITION AND TRUTH.

IDENTIFY ONE KEY SITUATION WHERE YOU ARE GIVING YOUR POWER AWAY. WRITE IT BELOW:

HOW WOULD IT FEEL IF THIS NO LONGER HAD POWER OVER YOU?

LISTEN IN DEEPLY TO YOUR OWN INNER GUIDANCE AROUND THIS SITUATION. WHAT IS IT TELLING YOU?

4. BOUNDARIES

IDENTIFY 1-3 SITUATIONS WHERE YOU ARE FEELING CALLED TO IMPLEMENT SOME NEW BOUNDARIES AT THE MOMENT.

SITUATION 1:

DESCRIBE THE BOUNDARY YOU WANT TO IMPLEMENT:

SITUATION 2:

DESCRIBE THE BOUNDARY YOU WANT TO IMPLEMENT:

SITUATION 3:

DESCRIBE THE BOUNDARY YOU WANT TO IMPLEMENT:

5. SPEAK YOUR TRUTH

IDENTIFY ONE AREA WHERE YOU HAVE BEEN HOLDING BACK FROM EXPRESSING YOUR TRUTH:

WHY ARE YOU AFRAID TO EXPRESS YOUR TRUTH OR HAVE THIS CONVERSATION?

WHY DOES EXPRESSING YOUR TRUTH FEEL IMPORTANT AT THIS TIME?

5. SPEAK YOUR TRUTH

WHAT ARE SOME OF THE KEY POINTS YOU ARE WANTING TO EXPRESS IN THIS CONVERSATION:

HOW CAN YOU COME FROM YOUR HEART AND/OR LOVE WITH THIS?

WHAT OUTCOME ARE YOU IDEALLY WANTING TO EXPERIENCE OR CREATE THROUGH EXPRESSING YOURSELF?

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.

With love,

Connie x

