

CLASS ONE: EMBODIMENT AND  
GROUNDING



*Divine Femme*



“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*

A vertical photograph of a rocky path with green foliage on the left and right sides. The path is made of light-colored, layered rocks. The foliage consists of various green leaves and branches, some of which are in the foreground, partially obscuring the path.

## WELCOME TO CLASS ONE!

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

Today, will be taking a deeper look at your relationship with your body, along with ways that you can begin to feel more safe and at home in your body.

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 re-visit 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 Facebook Group or Coaching Calls where you can receive support and guidance.

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

With love,

Connie x

A vertical photograph of a rocky stream bed. The stream bed is composed of light-colored, layered rocks. On the left side, there is dense green foliage with large, heart-shaped leaves. On the right side, there are bare, grey tree branches. The background is a soft-focus green forest.

## IN THIS CLASS, WE WILL COVER:

- Feeling safe and at home in your body.
- Tools to ground into your body, yourself and the present moment.
- A feminine approach to loving, embracing and honouring your body.
- Understanding how you use and direct your energy, and cleaning up energy leaks.
- Dropping out of your head and connecting more deeply with your heart.
- Working with feminine cycles of your body.
- Anchoring into your own energy and drawing your focus inwards.
- Trusting your body and letting it guide you.
- Practising self-connection and self-care.
- Feeling safe and at home in your body.
- Holding space for yourself, your feelings and supporting yourself through your emotions.





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CHOOSE 3 WORDS TO DESCRIBE HOW YOU FEEL ABOUT YOUR BODY:

WHAT THOUGHTS DO YOU TEND TO THINK ABOUT YOUR BODY WHICH CREATE OR CONTRIBUTE TO THESE FEELINGS?





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DOES IT FEEL MORE COMFORTABLE FOR YOU TO BE IN YOUR MIND, OR IN YOUR BODY?  
WHY?

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

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





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WHAT DO YOU WANT TO THANK YOUR BODY FOR?

WHAT DO YOU WANT TO APOLOGISE TO YOUR BODY FOR?

WHAT PARTS OF YOUR BODY NEED MORE OF YOUR LOVE AND ACCEPTANCE?





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WHAT IS ONE WAY YOU WANT TO PRACTISE CONNECTING WITH YOUR BODY?

WHAT IS ONE WAY YOU WANT TO PRACTISE SHOWING LOVE FOR YOUR BODY?

WHAT IS ONE WAY YOU WANT TO PRACTISE LISTENING TO YOUR BODY?

WHAT IS ONE WAY YOU WANT TO PRACTISE TRUSTING YOUR BODY?

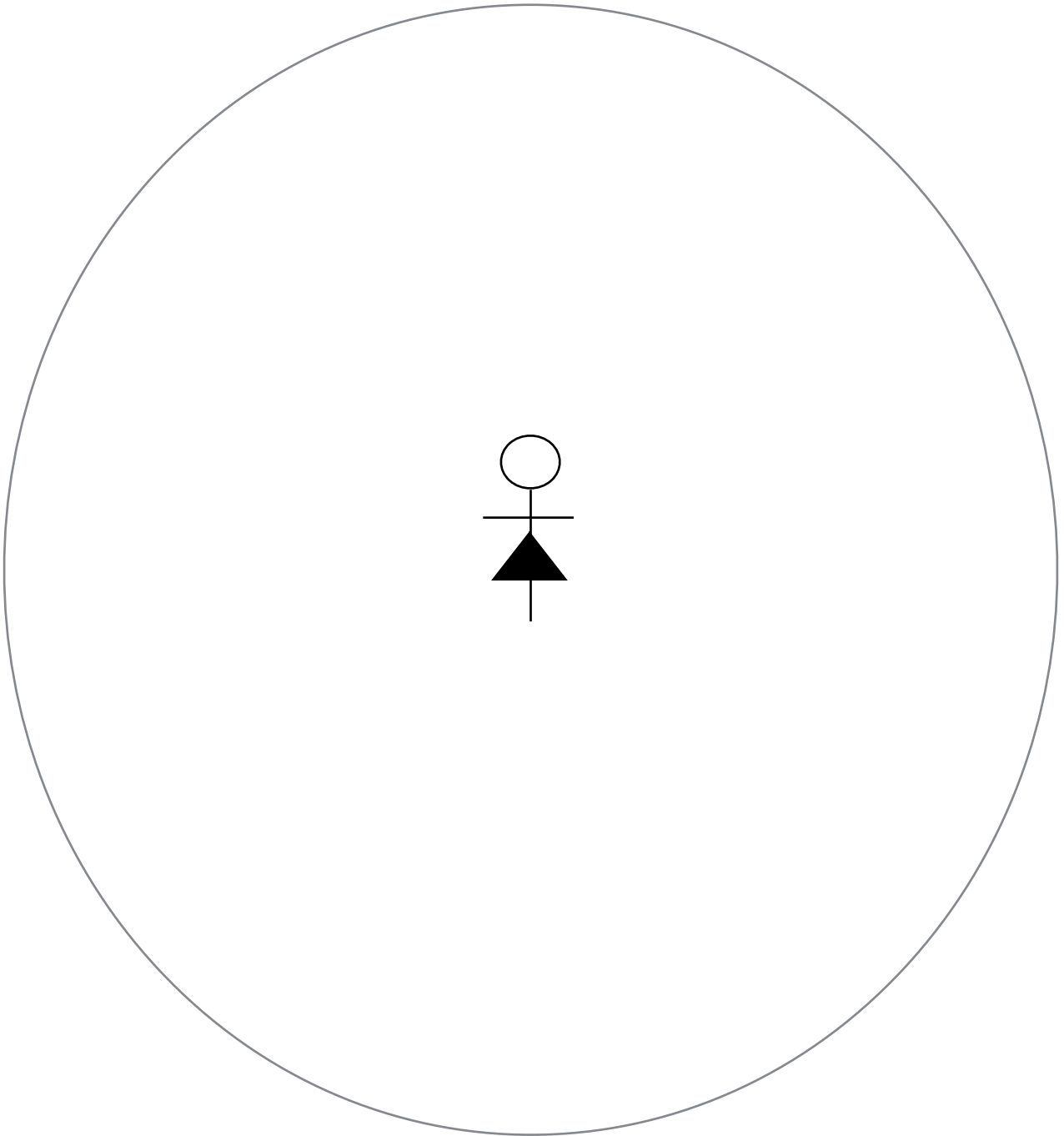
WHAT IS ONE WAY YOU WANT TO PRACTISE DROPPING DEEPER INTO YOUR BODY?





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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:





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

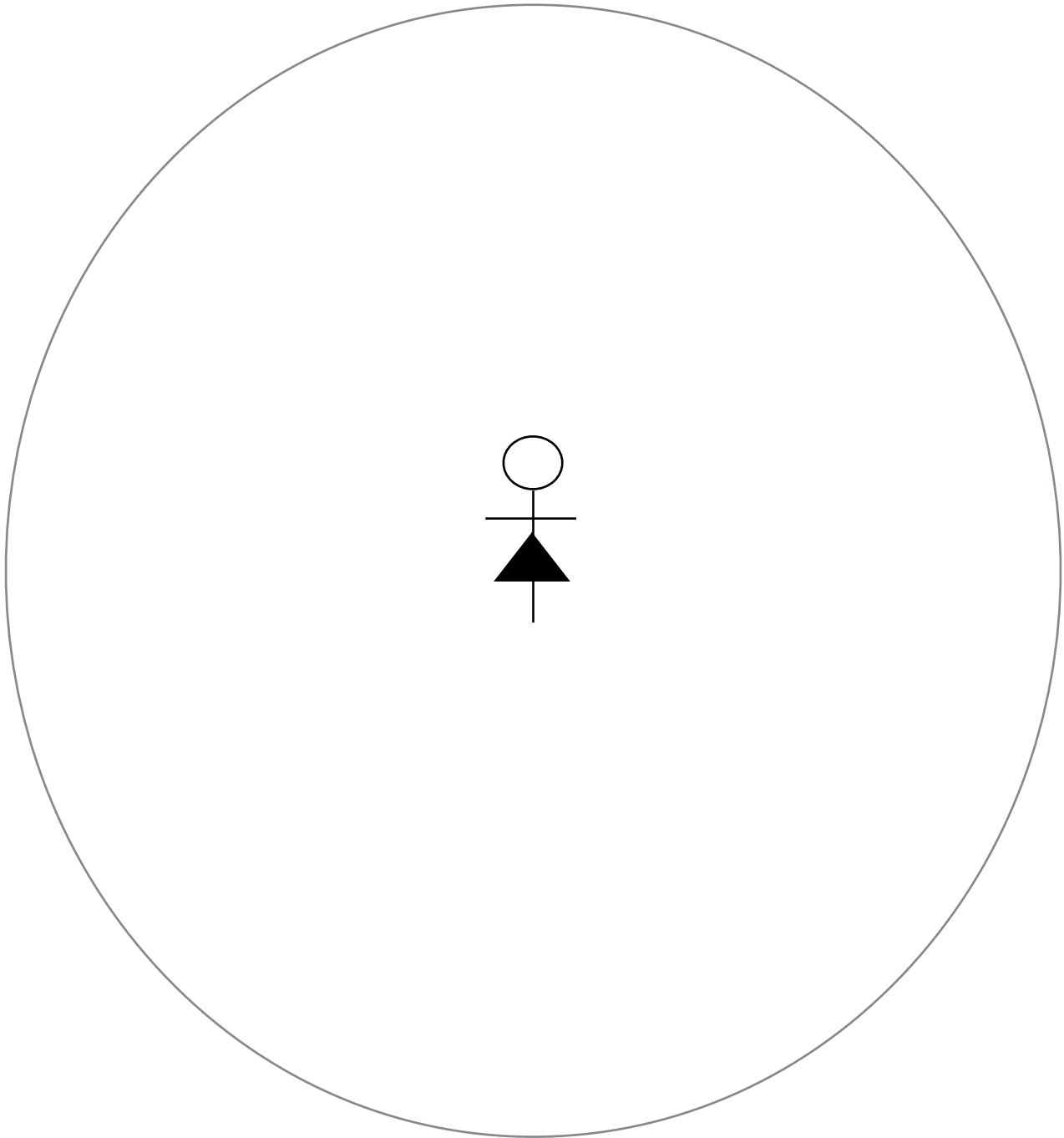
WHAT ARE YOUR REASONS FOR CONTINUING TO GIVE ENERGY TO THESE AREAS IF THEY ARE NOT NOURISHING YOU?





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





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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 ARE 1-3 NEW PRACTICES YOU COULD BRING ON BOARD TO HELP YOU PRIORITISE YOUR WANTS AND NEEDS?







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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)





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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)







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## **CLASS ONE REFLECTION**

WHAT ARE YOUR 1-3 KEY LEARNINGS AND TAKE-AWAYS FROM THIS CLASS?

WHAT ARE 1-3 STEPS YOU WANT TO TAKE FROM THIS CLASS?



## WELL DONE!

Some of the questions in this book may have challenged you, or felt difficult to answer. They may have triggered you, stirred up emotion or created resistance.

Trust that whatever arose for you was perfect. When we approach ourselves and this work from love, we don't judge ourselves for what we feel, but we support ourselves through it with gentleness and compassion.

We remember that we are always doing the best we can, and whatever answers flow onto the page are right and are exactly what was meant to come out.

I know that at times this work can feel confronting and overwhelming, but please trust that we are going to take this journey one step at a time, and I will be here to support you the whole way.

We are in for a beautiful and empowering journey together, and I look forward to supporting you through what unfolds.

With love,

Connie x



