

A woman is seen from behind, wearing a black sleeveless dress with a white belt and a wide-brimmed white hat. She is holding a large bouquet of pink flowers. The background is a dense field of similar pink flowers, creating a soft, bokeh effect. The overall mood is peaceful and natural.

# *Class Six*

**AMPLIFYING YOUR ENERGY  
& BECOMING MAGNETIC**

**WOMEN'S GROUP COACHING PROGRAM  
WITH CONNIE CHAPMAN**

“The reason you want every single thing that you want is because you think you will feel really good when you get there. But, if you don’t feel really good on your way there, you can’t get there. You have to be satisfied with what-is while you’re reaching for more.”

~ Abraham-Hicks

## WELCOME TO CLASS SIX!

This is your final class in our Women's Group Coaching Program.

We will be completing our journey together by exploring magnetism, manifestation and how to create shifts in your energy so that you can attract new and beautiful experiences in to your life.

Magnetism is a feminine quality of calling towards you and opening up to receive what it is you desire. It is a process of coming into alignment with what you want by embodying the feelings and qualities which make you magnetic to it.

Today, we will be taking a deeper look at the practices and tools that will help you shift your energy, raise your vibration and embody more positive emotions. We will be exploring how creating shifts and changes to your energy can help you manifest new results, without having to force, control or make it happen through action.

We are always radiating an energy based on what we are thinking, how we are feeling and the state our body is in. When we can become aware of the energy we are feeling and radiating, and then consciously shift this energy through positive practices, we become powerful creators of our reality.

This will be an empowering, exciting and beautiful way to wrap up our 3 month journey together, and I hope you love this final class.

Connie x

## IN THIS CLASS WE WILL COVER:

- + Understanding your energetic vibration and how to know what you are radiating.
- + Using your emotions as an inner guidance system.
- + Tools and practices for shifting your energy and raising your vibes.
- + Becoming mindful of the energy and state of being that you bring to all you do.
- + How to tune into your own energy field to call in more light.
- + The power of alignment and what it means to come into alignment
- + Becoming magnetic and exploring what makes you magnetic.
- + The power of play, creativity, nature and following your joy.
- + How to manifest what you desire through energy, not just action.
- + Living as a creator and how to create what you desire.
- + Balancing surrender and action when manifesting.

## 1. YOUR ENERGY

WHAT IS ONE KEY FEELING THAT YOU WANT TO FEEL MORE OF?

DESCRIBE AS BEST YOU CAN THE ENERGY YOU NOTICE IN YOUR BODY  
WHEN YOU ARE FEELING THIS FEELING:

LIST AT LEAST 5 THINGS THAT YOU KNOW HELP YOU FEEL THIS  
FEELING OR EMOTION:

## 2. YOUR EMOTIONS

WHAT IS ONE SITUATION WHERE YOU OFTEN FEEL LOW VIBRATION EMOTIONS SUCH AS SADNESS, GUILT, ANGER, DEPRESSION, LACK, LIMITATION, POWERLESSNESS OR WORTHLESSNESS:

WHAT STORY DO YOU TELL YOURSELF ABOUT THIS SITUATION WHICH CONTRIBUTES TO THESE FEELINGS:

DO YOU THINK IT IS POSSIBLE, THAT BY CHANGING YOUR INNER STORY, YOU COULD CHANGE HOW YOU FEEL?

## 2. YOUR EMOTIONS

HOW WOULD YOU LIKE TO BE ABLE TO FEEL IN THIS SITUATION?

WHAT STORY WOULD YOU NEED TO BE TELLING YOURSELF TO CREATE THESE FEELINGS?

HOW WOULD YOU LIKE TO BE SHOWING UP DIFFERENTLY IN THIS SITUATION?

### 3. ALIGNMENT

HOW WOULD YOU DESCRIBE WHAT ALIGNMENT FEELS LIKE TO YOU?

WRITE YOUR BLISS LIST BELOW. YOUR BLISS LIST IS A BIG, ABUNDANT, BEAUTIFUL LIST OF ALL THE THINGS WHICH MAKE YOU FEEL GOOD, WHICH BRING YOU JOY, WHICH MAKE YOUR HEART HAPPY OR WHICH BRING YOU PEACE. WRITE EVERYTHING YOU CAN THINK OF, NO MATTER HOW SMALL:

#### 4. MAGNETISM

IDENTIFY SOMETHING THAT YOU WANT TO CREATE OR MANIFEST:

IS THERE AN ENERGY OF LACK OR NEED ATTACHED TO THIS DESIRE IN ANY WAY?

IS THERE ANY DOUBT IN YOUR MIND ABOUT YOUR ABILITY TO CREATE OR MANIFEST THIS?

#### 4. MAGNETISM

WHY DO YOU BELIEVE THAT YOU ARE WORTHY AND DESERVING OF THIS DESIRE?

WHY DO YOU BELIEVE IT IS POSSIBLE TO HAVE THIS?

CHOOSE 3-5 WORDS WHICH DESCRIBE WHAT HAVING THIS DESIRE WOULD FEEL LIKE:

#### 4. MAGNETISM

WHAT ARE SOME STEPS YOU COULD TAKE TO MANIFEST OR CREATE THIS? WHAT HAS YOUR INTUITION BEEN GUIDING YOU TO DO?

WHERE DO YOU NEED TO PRACTICE SURRENDER AND TRUST WITH THIS DESIRE? WHAT DO YOU NEED TO LET GO OF AND ALLOW THE UNIVERSE TO HANDLE?

#### 4. MAGNETISM

REFER BACK TO THE EXERCISE I SHARED IN CLASS 5 WHERE YOU CONNECTED WITH THE ENERGY OF YOUR DESIRE AND IMAGINED OPENING UP TO CALL IT IN TO YOUR LIFE. NOW, AS YOU CONNECT WITH THIS CURRENT DESIRE YOU WANT TO MANIFEST, IMAGINE THAT YOU ARE A MAGNET. IMAGINE THAT YOU HAVE AN ENERGY WITHIN YOU THAT IS MAGNETIC AND CAN PULL TOWARDS YOU WHAT IT IS THAT YOU DESIRE. FEEL THE ENERGY OF WHAT YOU WANT, AND FEEL YOURSELF DRAWING IT TOWARDS YOU. CONTINUE OPENING UP TO RECEIVE IT, FEEL IT, AND IMAGINE HAVING IT. SEE AND FEEL YOURSELF LIVING IN A REALITY WHERE THIS DESIRE IS DONE.

DESCRIBE WHAT YOU FELT, NOTICED AND EXPERIENCED BELOW.

## 5. HIGH VIBES

WHAT IS ONE WAY YOU WANT TO EXPLORE PLAY AND PLAYFULNESS?

WHAT IS ONE WAY YOU WANT TO EXPLORE YOUR CREATIVITY?

WHAT IS ONE WAY YOU WANT TO EXPERIENCE MORE JOY?

WHAT IS ONE WAY YOU WANT TO HAVE MORE FUN?

## 5. HIGH VIBES

WHAT PRACTICES, ACTIVITIES OR RESOURCES RAISE YOUR VIBES, GET YOU FEELING REALLY GOOD AND AMPLIFY YOUR ENERGY?

HIGH VIBE SONG:

HIGH VIBE BOOK OR PODCAST:

HIGH VIBE PLACE TO BE:

HIGH VIBE ACTIVITY:

HIGH VIBE PERSON TO BE AROUND:

HIGH VIBE WAY OF MOVING YOUR BODY:

## CONGRATULATIONS!

You have reached the end of your final class for our Women's Group Coaching Program!

I hope that coursework has deeply supported you over the past few months to discover new things about yourself, unravel old patterns which have been keeping you small, and awaken more of your true self and your authentic power.

Well done for showing up so courageously through this journey. I am so incredibly proud of your willingness to be vulnerable, real, honest, authentic and brave. I have been blown away by your commitment to fully face and feel everything that this course has brought up for you.

It has been an honour to watch you move through this journey and support you through both your 'aha' moments and the breakdowns (which have always eventually lead to beautiful breakthroughs).

I will be sending you a final Reflection Workbook after our last Coaching Call to help you wrap up the journey and integrate your learnings.

Until then, I encourage you to reflect in yourself about how this journey has supported you, what you have shifted and what you are proud of yourself for. No matter how this experience unfolded for you, be sure to celebrate and acknowledge yourself for all that you did and how you showed up.

Sending you big bundles of love and light.

Connie x

