

PRE-PROGRAM WORKBOOK

Divine Femme

“Individually and collectively, we are shifting from a position of fear into surrender and trust of the intuitive. The power of the feminine energy is on the rise in our world.”

Shakti Gawain

WELCOME TO DIVINE FEMME!

Hello beautiful woman. Welcome to Divine Femme.

I want to honour and acknowledge you for bravely and courageously following your heart and intuition to step onto this journey.

The powerful feminine energy within you has called you here. She has called you to invest in yourself and invest in her.

She has guided you here so that you can receive the tools and support you need to nurture yourself through the journey of growth and healing.

You are here because there are parts of you - parts of your true essence - that are crying out for more love, support, attention and care.

Perhaps the energies of fear, self-doubt, criticism, judgement or the need to make others happy and keep up with external demands, have caused you to become disconnected from your self and your truth.

The truth is that you are a divine, powerful, whole, complete, radiant, magnificent, beautiful, one-of-a-kind woman who deserves to be honoured, ravished, cherished and deeply loved.

Our journey together over the next 8 weeks will be all about guiding you back into feeling and embodying this truth. This journey will bring you back into connection with yourself and with the love, wisdom and power that exists within you.

LET'S BEGIN!

Through this program, you will be working through powerful coursework, practical tools, video classes and coaching calls to unravel old patterns and stories and awaken who you truly are.

Together we will explore what has been holding you back, where fear has taken over and where you have been giving away your precious, divine power.

We will unpack old stories which try to convince you that you are not deserving of all that you truly desire. We will work to open your heart, re-connect you with love and support your feminine energy to rise and guide your life.

At no point will you be walking this journey alone. You will be joining a beautiful community of like-minded soulful women who are all being guided by their hearts on the path of becoming their best self. I will also be here to support you the whole way.

So, if you are ready to step into this magical journey, turn over the page to begin working through your Pre-Program Workbook.

On the following pages you will find questions which will help you clarify your vision, intentions, and desires for the program and declare the changes that you want to create.

We are in for a powerful journey and I can't wait to begin.

Connie x

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TO BEGIN, PUT YOUR HANDS ON YOUR HEART AND TAKE A FEW DEEP BREATHS. ACKNOWLEDGE AND THANK YOURSELF FOR BEING HERE.

WRITE SOME WORDS TO YOURSELF, SHARING WHY YOU ARE PROUD OF YOURSELF FOR MAKING THIS DECISION.

I AM PROUD OF YOU BECAUSE,

WHAT IS YOUR MAIN INTENTION FOR BEING HERE? IF YOU COULD GAIN ONE THING FROM THIS JOURNEY, WHAT WOULD IT BE?

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CHOOSE 3 WORDS TO DESCRIBE HOW YOU FEEL ABOUT YOUR FEMININE ENERGY AT THE MOMENT:

WHAT PARTS OF YOUR FEMININE ESSENCE AND ENERGY ARE NOT BEING NURTURED OR SUPPORTED AT THE MOMENT?

WHAT DOES YOUR FEMININE NEED FROM YOU THE MOST?

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CHOOSE 3 WORDS TO DESCRIBE THE RELATIONSHIP YOU HAVE WITH YOURSELF AT THE MOMENT:

WHAT IS YOUR SELF-TALK LIKE? DO YOU NOTICE JUDGMENT, CRITICISM AND NEGATIVITY OR IS YOUR SELF-TALK LOVING AND EMPOWERING?

WHAT PARTS OF YOURSELF NEED MORE OF YOUR LOVE, SUPPORT AND ACCEPTANCE?

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IDENTIFY ONE KEY AREA WHERE YOU CURRENTLY DON'T FEEL YOU ARE LIVING IN YOUR POWER OR WHERE YOU FEEL DISEMPOWERED:

WHAT IS CAUSING THIS FEELING? HOW ARE YOU GIVING AWAY YOUR POWER HERE?

WHAT FEARS DO YOU HOLD ABOUT FULLY STEPPING INTO YOUR POWER?

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CHOOSE 3 WORDS TO DESCRIBE THE RELATIONSHIP YOU HAVE WITH YOUR INTUITION:

WHAT HAS YOUR INTUITION OR INNER VOICE BEEN COMMUNICATING TO YOU THAT YOU HAVE NOT BEEN HONOURING OR ACTING ON?

WHY MIGHT YOU BE RESISTING THIS GUIDANCE? WHAT ARE YOU AFRAID OF?

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IDENTIFY ONE KEY AREA WHERE FEELINGS OF UNWORTHINESS ARE BLOCKING YOU ASKING FOR MORE OR RECEIVING MORE?

WHY DO YOU FEEL UNWORTHY OR UNDESERVING IN THIS AREA?

IF YOU FELT COMPLETELY WORTHY AND DESERVING OF ALL THAT YOU WANT AND YOU BELIEVED IN YOURSELF FULLY, WHAT WOULD YOU BE STEPPING INTO OR DOING?

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WHO DO YOU WANT TO BECOME BY THE END OF THIS PROGRAM? CHOOSE 3-5 WORDS TO THE WOMAN YOU WANT TO BE:

WHAT DO YOU WANT TO LET GO OF THROUGH THIS PROGRAM?

WHAT DO YOU WANT TO CALL IN OR CREATE THROUGH THIS PROGRAM?

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NOW, PLACE YOUR HANDS OVER YOUR HEART, CLOSE YOUR EYES AND BREATHE INTO THE ENERGY OF YOUR HEART. LISTEN FOR IT'S GUIDANCE.

YOUR HEART IS THE SOURCE OF UNCONDITIONAL LOVE. YOUR HEART ALWAYS SUPPORTS YOU, ENCOURAGES YOU AND SPEAKS TO YOU IN KIND, GENTLE AND COMPASSIONATE WAYS. WHEN YOU FEEL AN ENERGY OF LIGHTNESS OR HEAR WORDS OF LOVE, YOU KNOW THE GUIDANCE YOU ARE RECEIVING IS FLOWING FROM YOUR HEART.

DEAR HEART, WHAT DO I MOST NEED TO KNOW?

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 must 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 for you the whole way.

There is so much support available for you and you do not need to move through this alone. You can come into our Facebook community at any time to share your experiences, ask questions and receive support from myself and the other women in this course.

We are in for a beautiful and empowering journey together and I cannot wait to begin our first class.

With love,

Connie x



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