



Women's Group Coaching

CLASS FIVE WORKBOOK

“The power of the feminine is to sit in the unknown and trust that place... surrendering into the mystery of the void, the wild terrain of the unknown and move from that place within her life. Not learning or modelling herself on somebody else, instead opening her own channel to the void and pulling through her own unique essence.”

~ Juliet Allen



WELCOME TO CLASS FIVE

In today's class, we will be diving deeper into exploring your feminine intuition. You will learn how to trust your feelings, your body, yourself, your intuition and the Universe.

As a woman, you are naturally intuitive. Your feminine energy allows you to feel and sense what feels right and true in your body. The feminine qualities of openness, receptivity and flow allow you to open up to divine wisdom to be guided through your life.

You do not always have to turn to logic or your mind to find solutions. Your gift as a woman is to be able to use your feelings rather than thinking to find clarity and answers.

You are always being guided and supported. When you trust in this knowing and you believe that there is a divine and wise part of you always available to help you, you can relax into life and know that everything will always be ok.

Similarly, when you trust in yourself, you can begin to believe in your ability to always take care of yourself, meet your own needs, ensure you are safe and protected, and show up for what you feel is important to you.

Trust is the foundation of feeling safe and secure in your body, in yourself and in your life. You may always be surrounded by uncertainty, but an inner feeling of trust will support you to navigate the unknown with confidence.

There are many things that can cause you to feel a lack of trust within yourself and others. There are also a lot of things which can cause you to become disconnected from your intuition and inner wisdom and feel that you are alone and unsupported.

We will be exploring all of these in today's class so that you can return to feeling safe and secure within yourself.


Connie x






WHAT DOES IT FEEL LIKE WHEN YOUR GUIDANCE OR YOUR THOUGHTS ARE COMING FROM YOUR MIND OR FROM FEAR?


WHAT DOES IT FEEL LIKE WHEN YOUR GUIDANCE OR YOUR THOUGHTS ARE COMING FROM YOUR HEART, INNER WISOM OR YOUR HIGHER SELF?





WHAT DOES AN INNER 'YES' FEEL LIKE IN YOUR BODY? WHEN DO YOU LAST REMEMBER FEELING THIS INNER 'YES'?


WHAT DOES AN INNER 'NO' FEEL LIKE IN YOUR BODY? WHEN DO YOU LAST REMEMBER FEELING THIS INNER 'NO'?



THINK ABOUT A TIME WHEN YOUR INTUITION SPOKE TO YOU AND YOU *DIDN'T* LISTEN. YOU DIDN'T TRUST ITS GUIDANCE. WHAT HAPPENED? AND WHAT DID YOU EXPERIENCE AS A RESULT?

THINK ABOUT A TIME WHEN YOUR INTUITION SPOKE TO YOU AND YOU *DID* LISTEN. YOU TRUSTED ITS GUIDANCE AND ACTED ON IT. WHAT HAPPENED? AND WHAT DID YOU EXPERIENCE AS A RESULT?






IDENTIFY ONE KEY PLACE WHERE YOU ARE CURRENTLY QUESTIONING OR DOUBTING YOURSELF. PERHAPS YOU ARE QUESTIONING A CHOICE, COURSE OF ACTION OR A DECISION.


WRITE OUT THE TRAIN OF THINKING THAT IS GOING THROUGH YOUR MIND. E.G. THE QUESTIONING, WORRY, THE SELF-DOUBT, ETC. WHAT IS YOUR MIND SAYING?





TAKE A MOMENT TO BREATHE INTO YOUR BODY AND ASK YOURSELF HOW DO YOU FEEL ABOUT THIS SITUATION, CHOICE OR ACTION? WHAT IS YOUR TRUE DEEP FEELING?

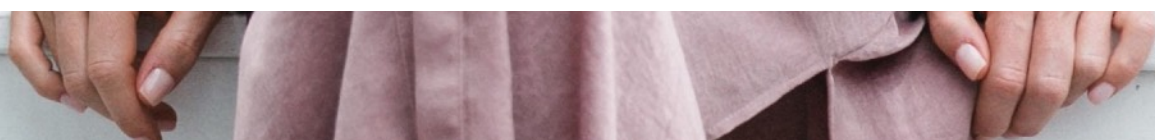
IF YOU WERE FOLLOWING YOUR FEELING AND TRUSTING IN IT COMPLETELY, WHAT STEPS WOULD YOU BE TAKING?



IMAGINE YOU CAN CONNECT WITH YOUR HIGHER SELF. THIS IS A PART OF YOU WHICH IS PURE LOVE AND LIGHT. IT IS A PART OF YOU THAT IS WISE, KIND, SUPPORTIVE AND ENCOURAGING. IT SPEAKS TO YOU THROUGH YOUR INTUITION AND DEEPER FEELINGS.

DESCRIBE WHAT YOU SEE OR NOTICE ABOUT THIS PART OF YOURSELF:

WHAT GUIDANCE DOES YOUR HIGHER SELF HAVE FOR YOU?





WHAT DOES TRUSTING YOURSELF MEAN TO YOU?

IDENTIFY SOME WAYS THAT YOU HAVE BEEN WEAKENING OR BREAKING THAT TRUST WITH YOURSELF:

WHAT COULD YOU PRACTISE IN THESE AREAS THAT WOULD STRENGTHEN AND REBUILD YOUR TRUST IN YOURSELF?





CLASS REFLECTION

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

WHAT ARE 1-3 STEPS YOU WANT TO TAKE OR PRACTICES THAT YOU WANT TO IMPLEMENT FROM THIS CLASS?





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