

# divine femme



## Class One

Liberate yourself from limiting  
patterns and beliefs

# welcome



*Welcome to Class One of Divine Femme! Today we are going to dive deep to clear out old limiting patterns and beliefs that are blocking you from being the woman you desire to be.*

This workbook complements the Live Class and will help you reflect and do the inner work.

Please watch the Live Class first before completing this workbook, or work through it while you are watching the class.

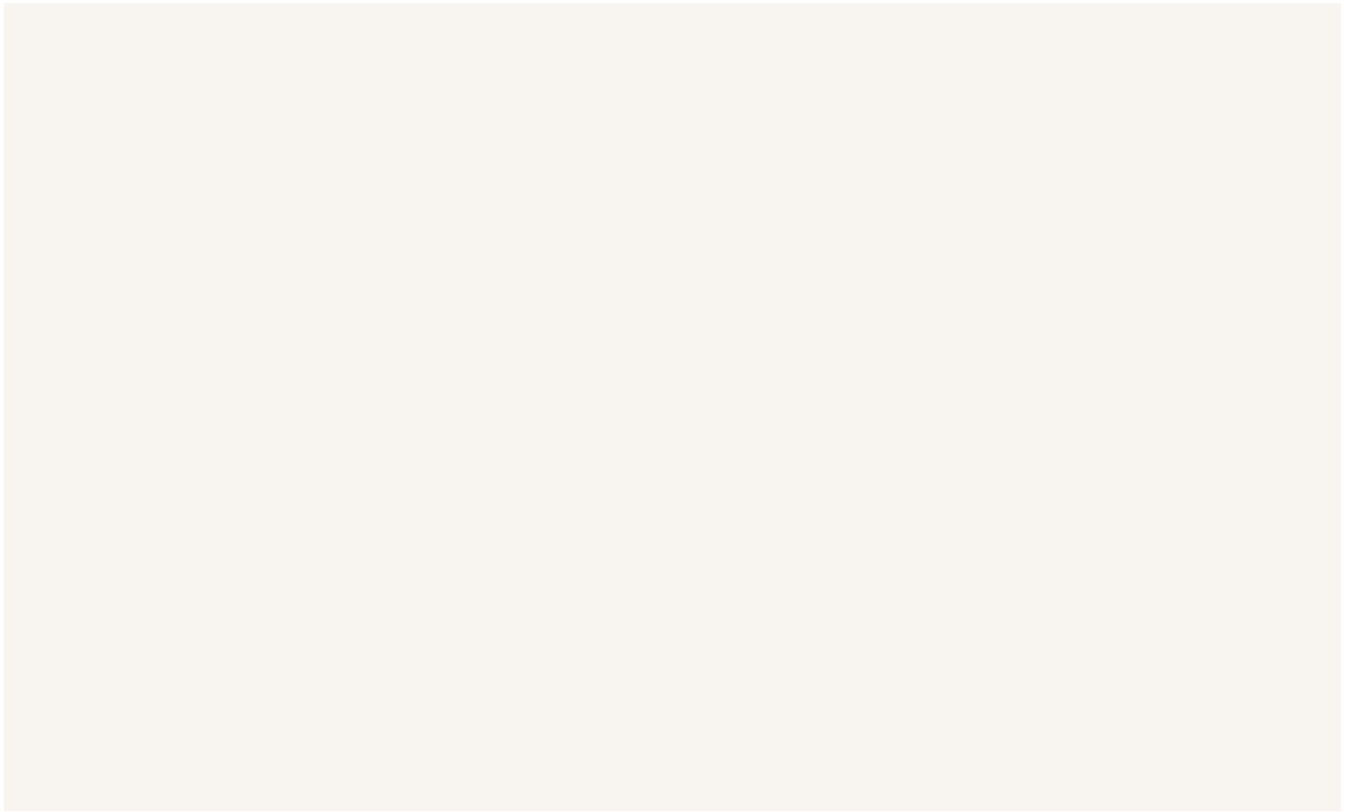
You can type directly into this workbook or print it out and handwrite your responses.

Take your time with these questions, and trust whatever wants to flow.

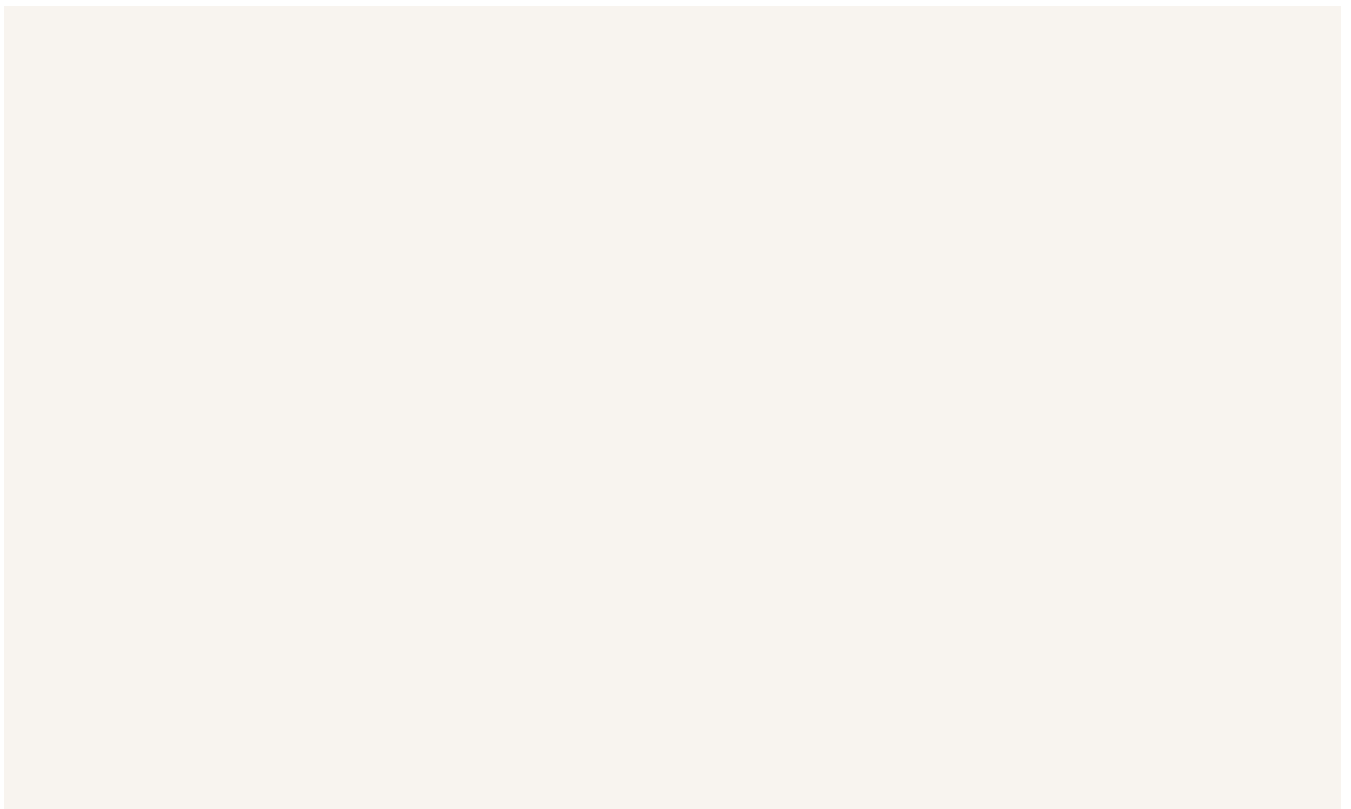
*Connie x*

# QUESTIONS

*What qualities or patterns of the wounded feminine do you experience the most?*

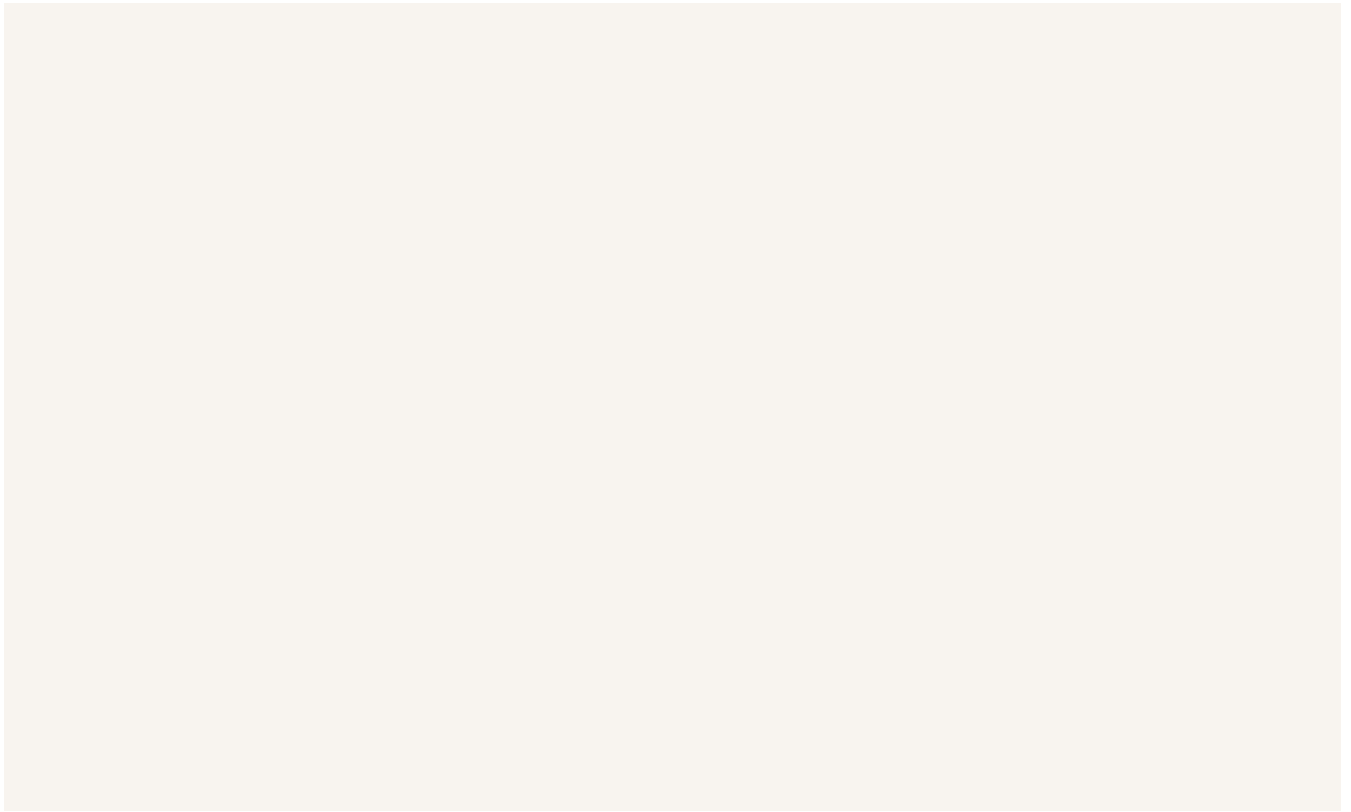


*How do these play out in your life?*

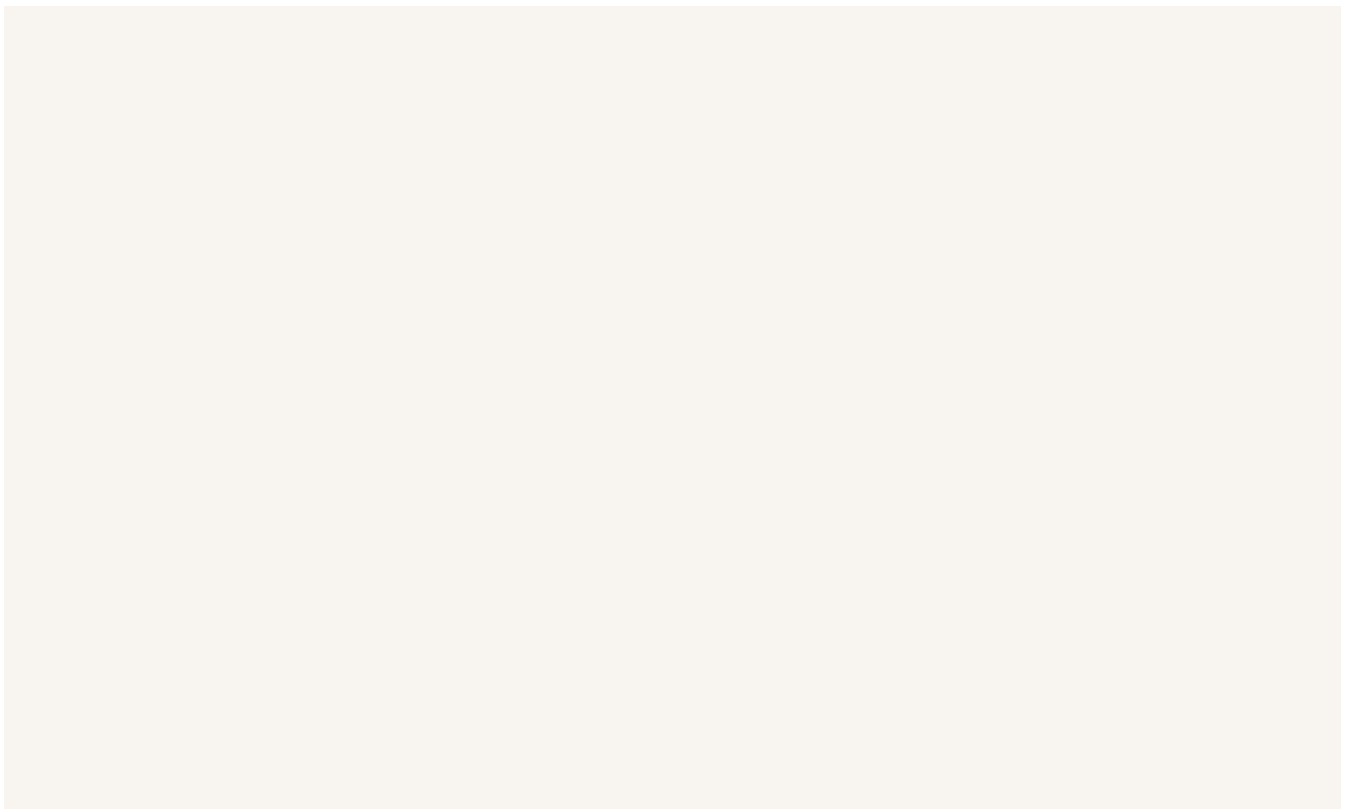


# QUESTIONS

*How might you have learned or developed these patterns through your childhood?*



*What did these childhood experiences cause you to believe about yourself?*



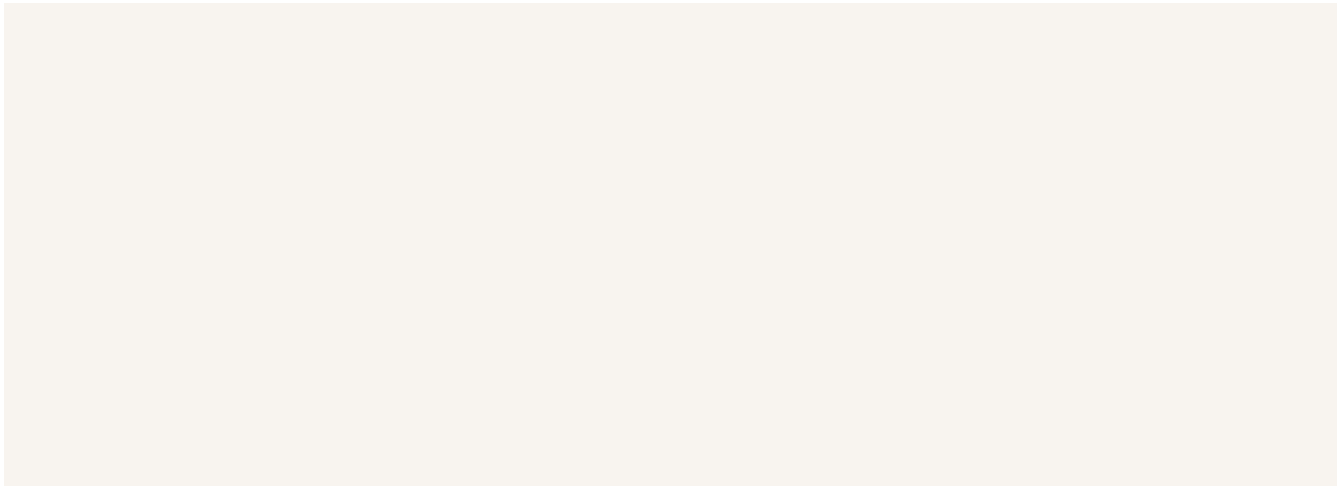
# QUESTIONS

*Who would you be without these beliefs about yourself?*

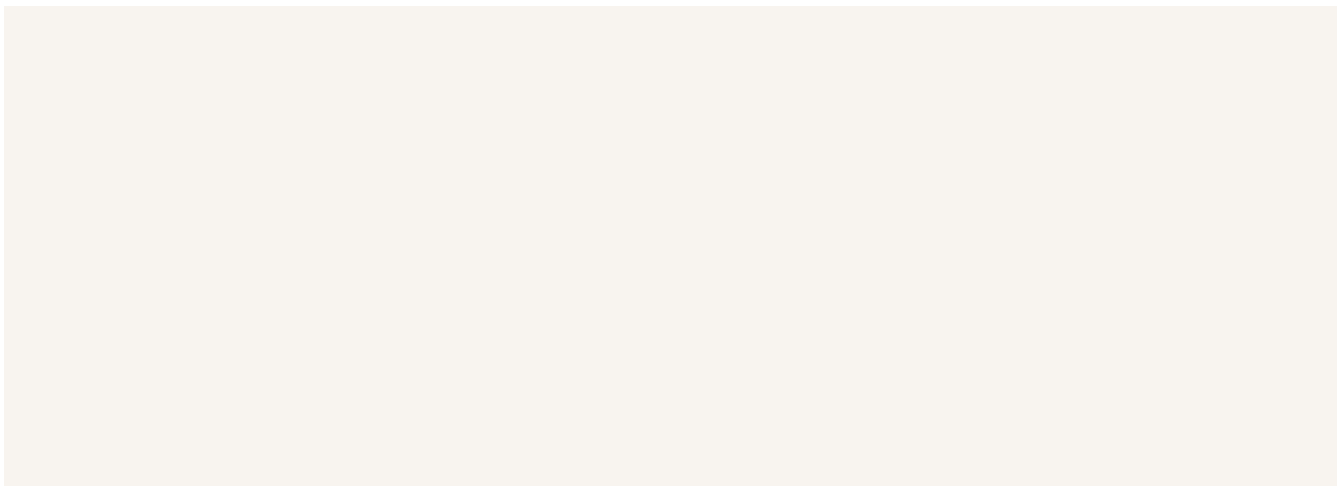
*How would you show up differently in your life without these beliefs?*

# QUESTIONS

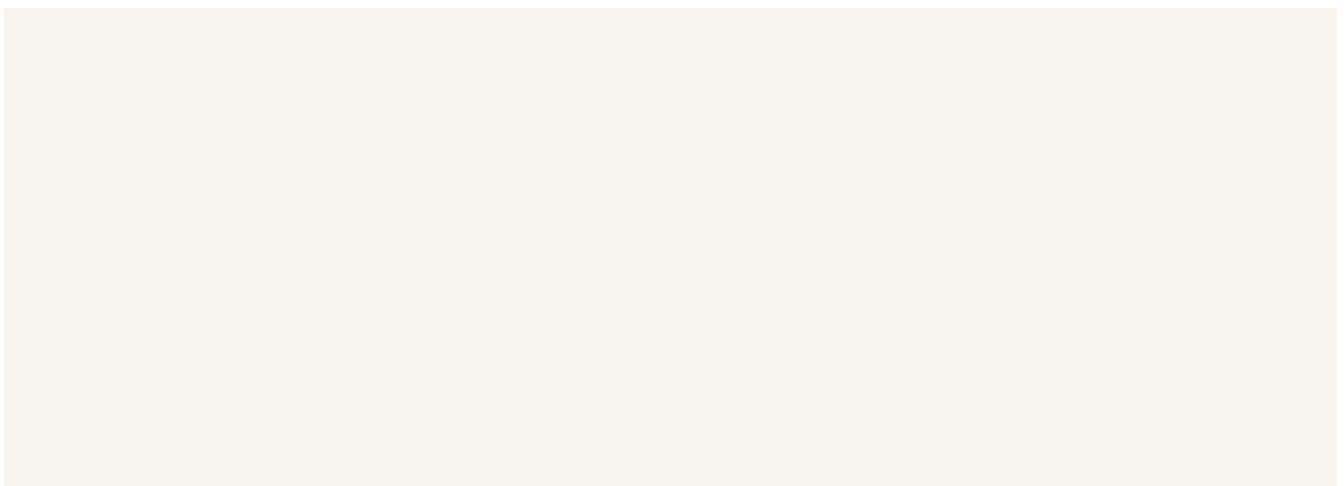
*As a child, what parts of yourself do you remember receiving love and praise for?*



*What parts of yourself did you not feel were seen, validated or celebrated?*

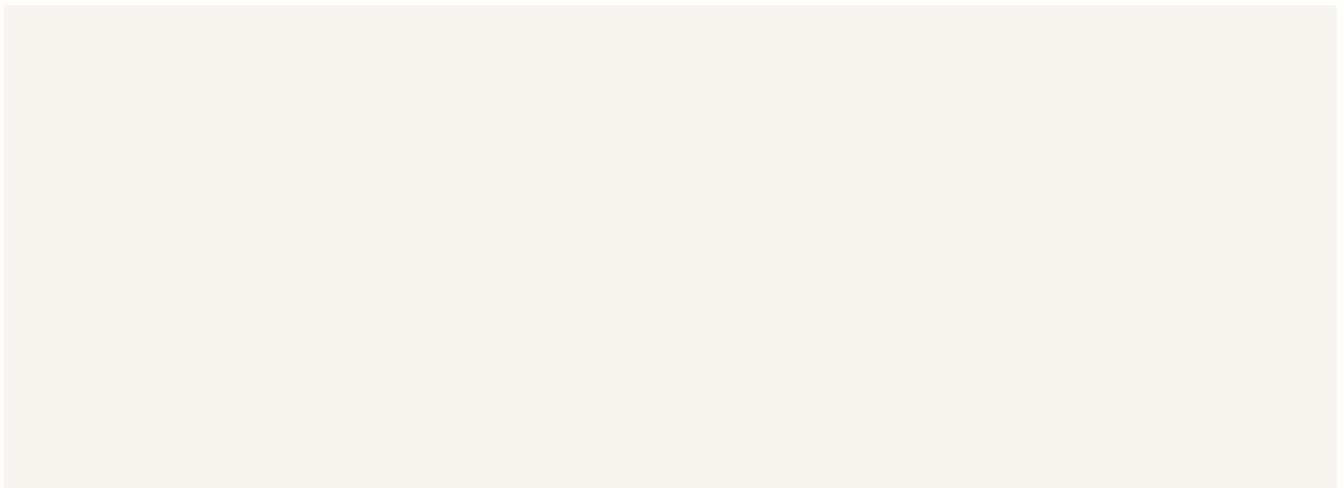


*How did you want to be loved? What was missing that you most wanted to receive?*

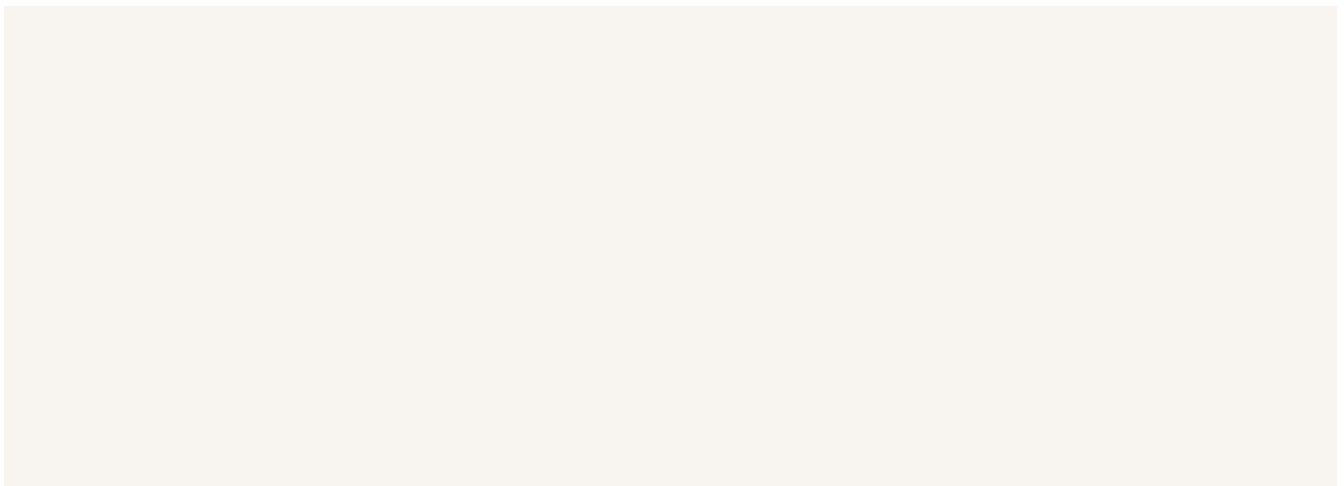


# QUESTIONS

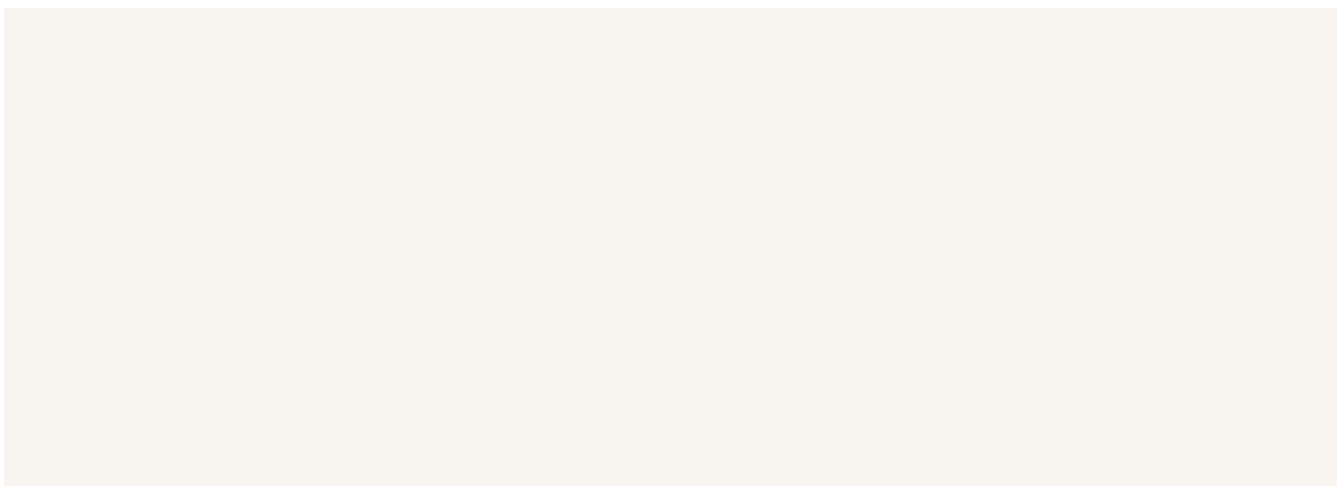
*What does your inner child most need to know about herself?*



*What do you most want to give to her?*



*What do you most want her to believe about herself or her life?*



# NOTES

*Additional thoughts, feelings and reflections:*

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You've completed your  
workbook!

Come on over to our  
Facebook community and  
share your reflections and  
insights from this week's  
workbook with the group.