

# divine femme



## Class Two

Reclaim your true, authentic self

# welcome



*Welcome to Class Two of Divine Femme! Today we are going to reconnect with your true, authentic self so you can embody her energy and fully express all of who you are.*

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.

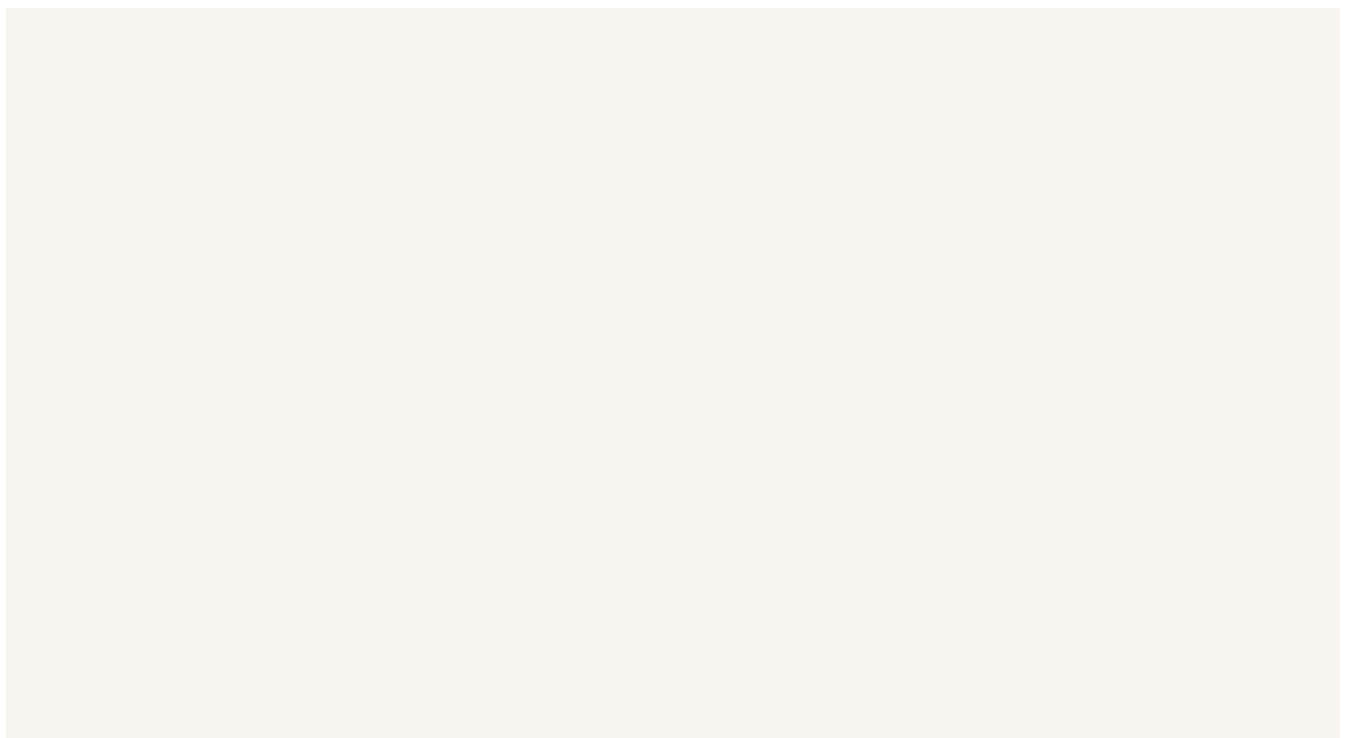
*Connie x*

# QUESTIONS

*What are some key decisions you have made through your life that you can now see were driven by 'should's or pleasing others?*

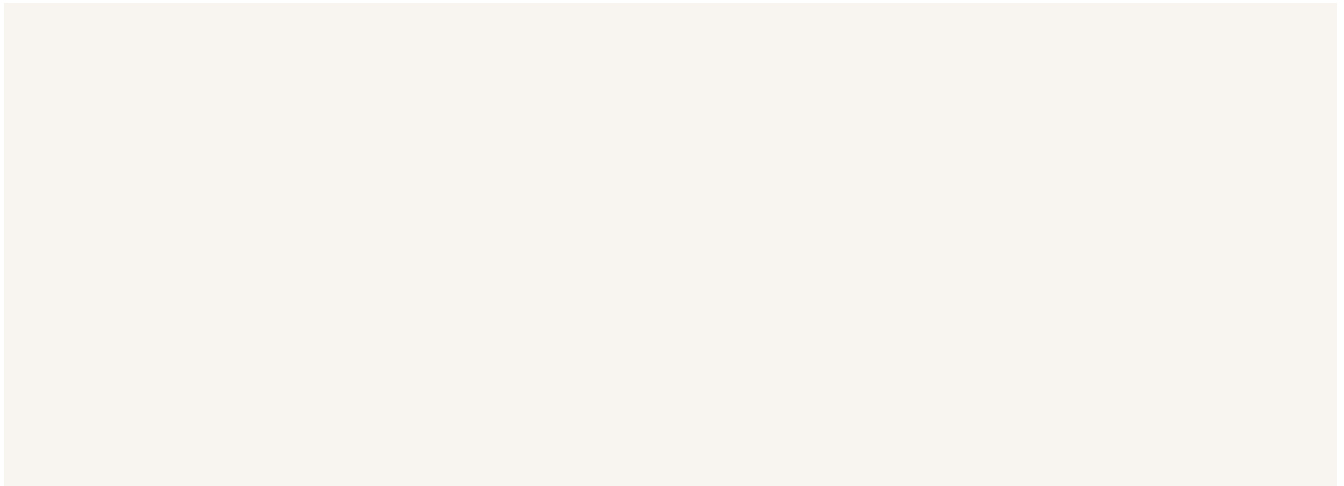


*What are some of the key decisions you have made through your life that have been guided by your authentic self and inner truth?*

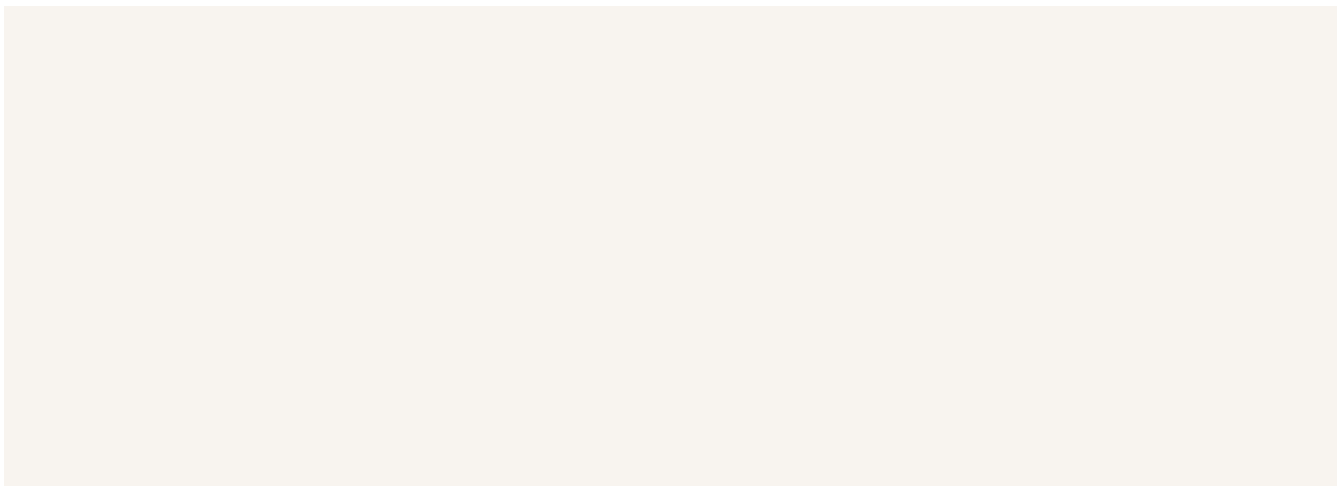


# QUESTIONS

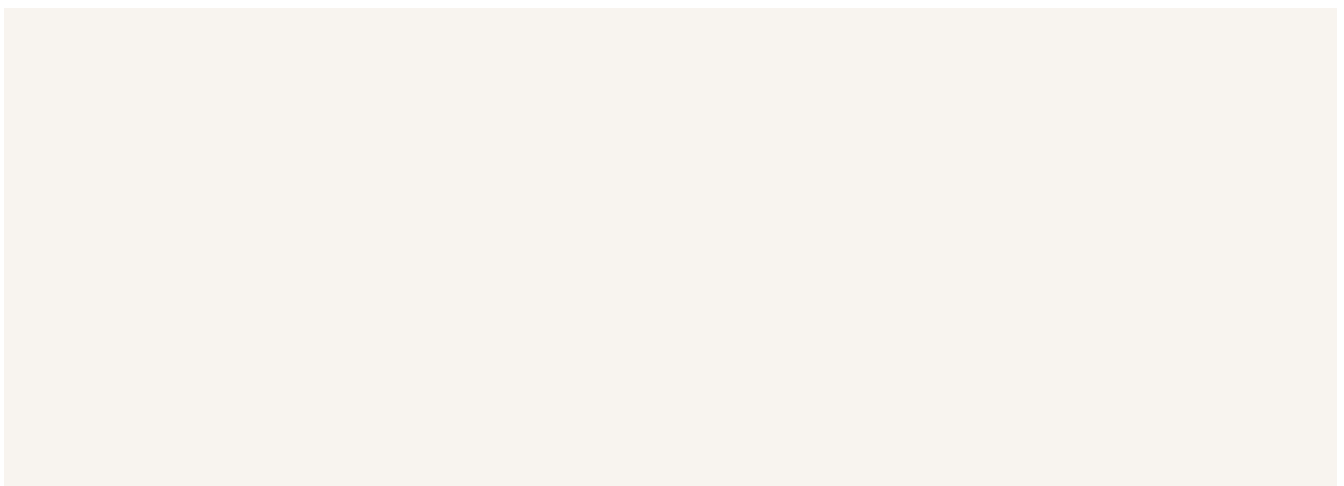
*What can you see you are currently doing in your life out of a should or to please others?*



*If you were following your authentic inner truth, what would you do instead?*



*What steps can you take to create this change?*



# GET TO KNOW YOUR AUTHENTIC SELF:

*Choose 3-5 words to describe your essence and energy as a child:*

*What hobbies and interests did you have as a child?*

*How did you love to express yourself creatively as a child?*

*What did you want to be when you 'grew up'?*

*What qualities in you as a child did you not feel were celebrated or seen?*

# GET TO KNOW YOUR AUTHENTIC SELF:

*Now, as an adult, when do you most feel like yourself (your true self)?*

*Where do you most feel like yourself?*

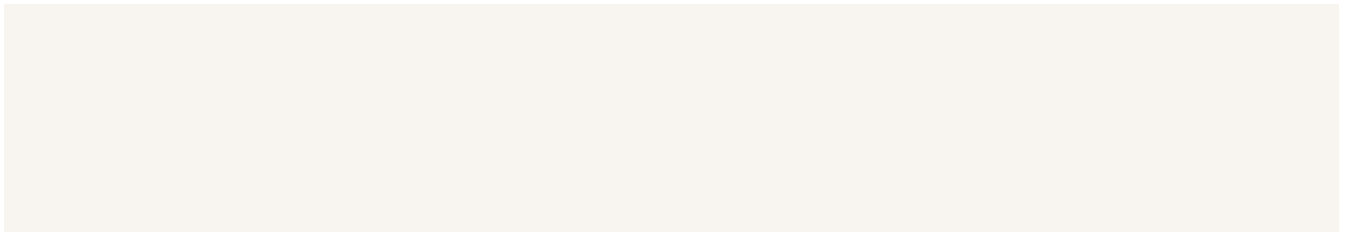
*How do you most love to spend your spare time?*

*What are you most passionate about?*

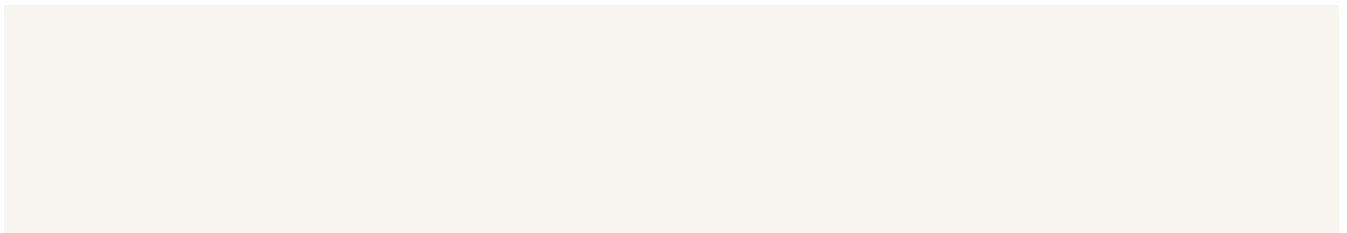
*How would you most love to express this passion through your career or work?*

# GET TO KNOW YOUR AUTHENTIC SELF:

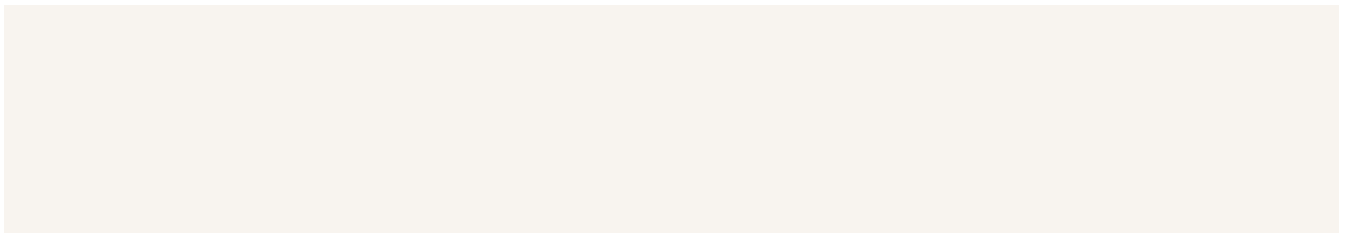
*Choose 3-5 qualities which describe who you are authentically:*



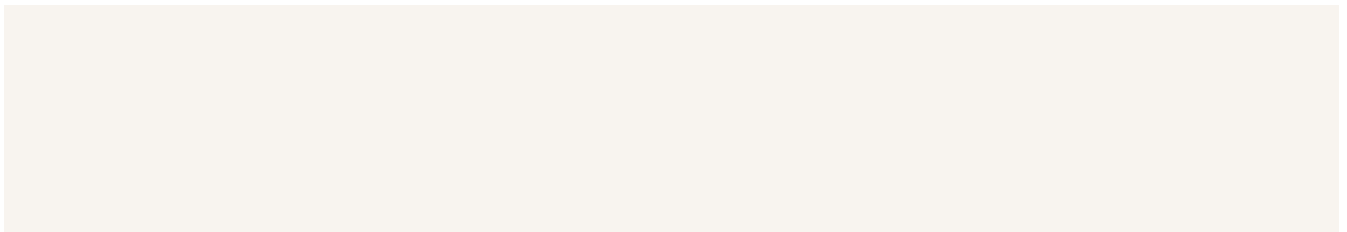
*What does your true inner voice sound like or feel like to you?*



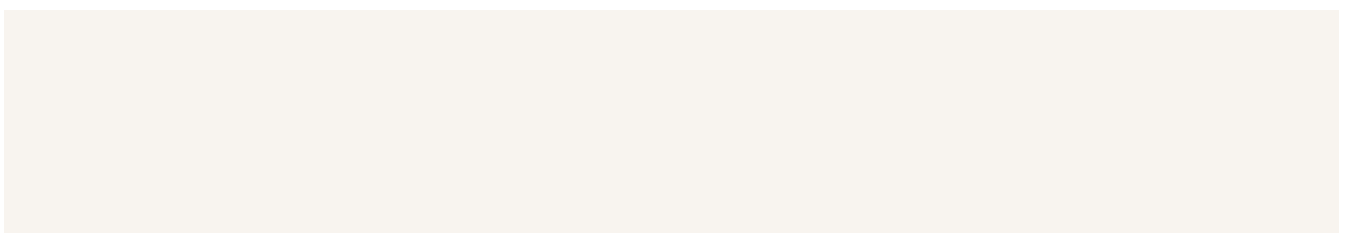
*What parts or qualities of your authentic self are you not fully expressing?*



*In what ways do you not feel you are living authentically?*



*What is your biggest fear about living as your true, authentic self?*



# NOTES

*Additional thoughts, feelings and reflections:*

A large, empty, light beige rectangular area intended for writing notes. It occupies the majority of the page below the introductory text.



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.