

divine femme



Integration Week

Reflect and integrate

welcome



Welcome to your first Integration Week in Divine Femme! This week is designed to give you the space you need to reflect and process all we have covered so far so you can integrate and embody your learnings.

This workbook includes reflective questions to help you clarify what you have gained and learned so far and acknowledge yourself for the shifts you have already created.

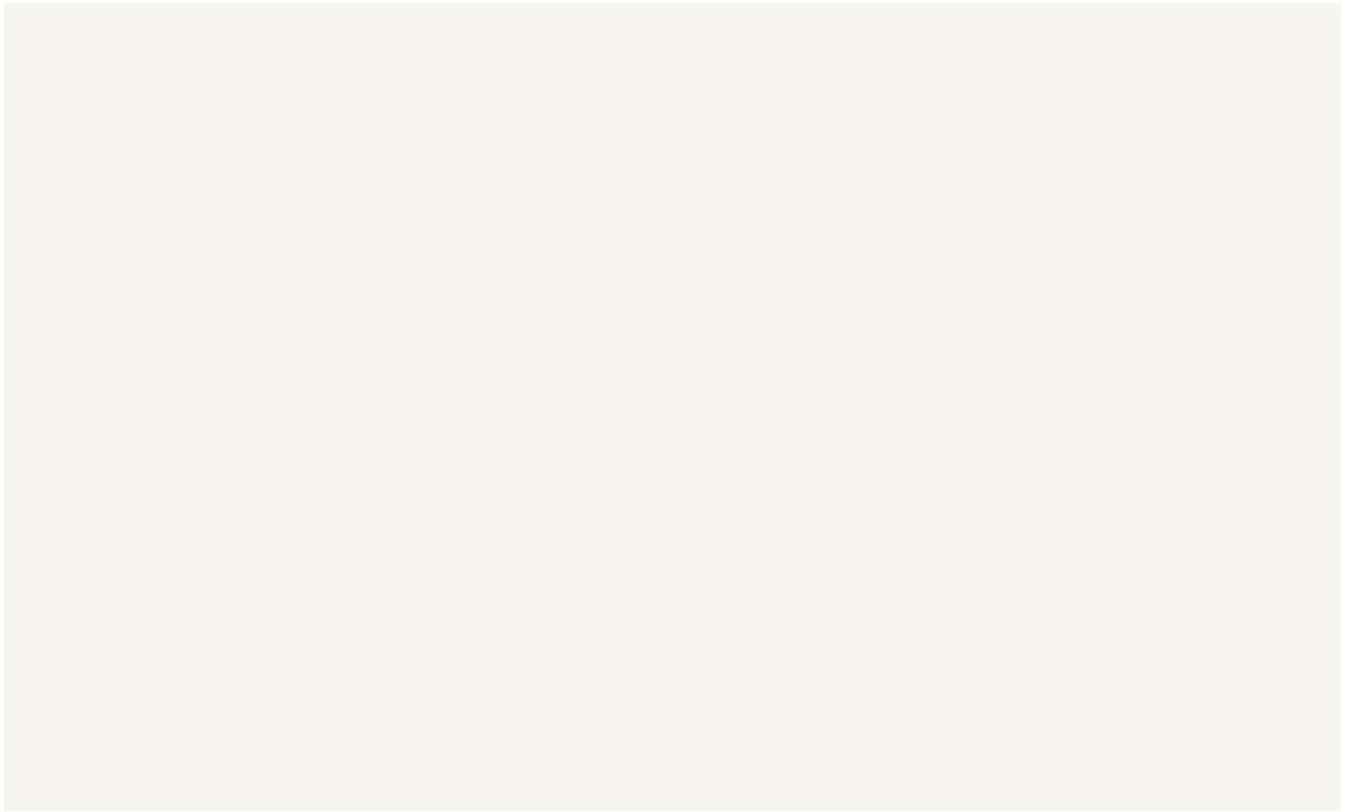
Your Integration Week is also a great time to catch up on any material you are behind in or revisit any of the classes or exercises.

I hope you enjoy this week of space to reflect, process and integrate!

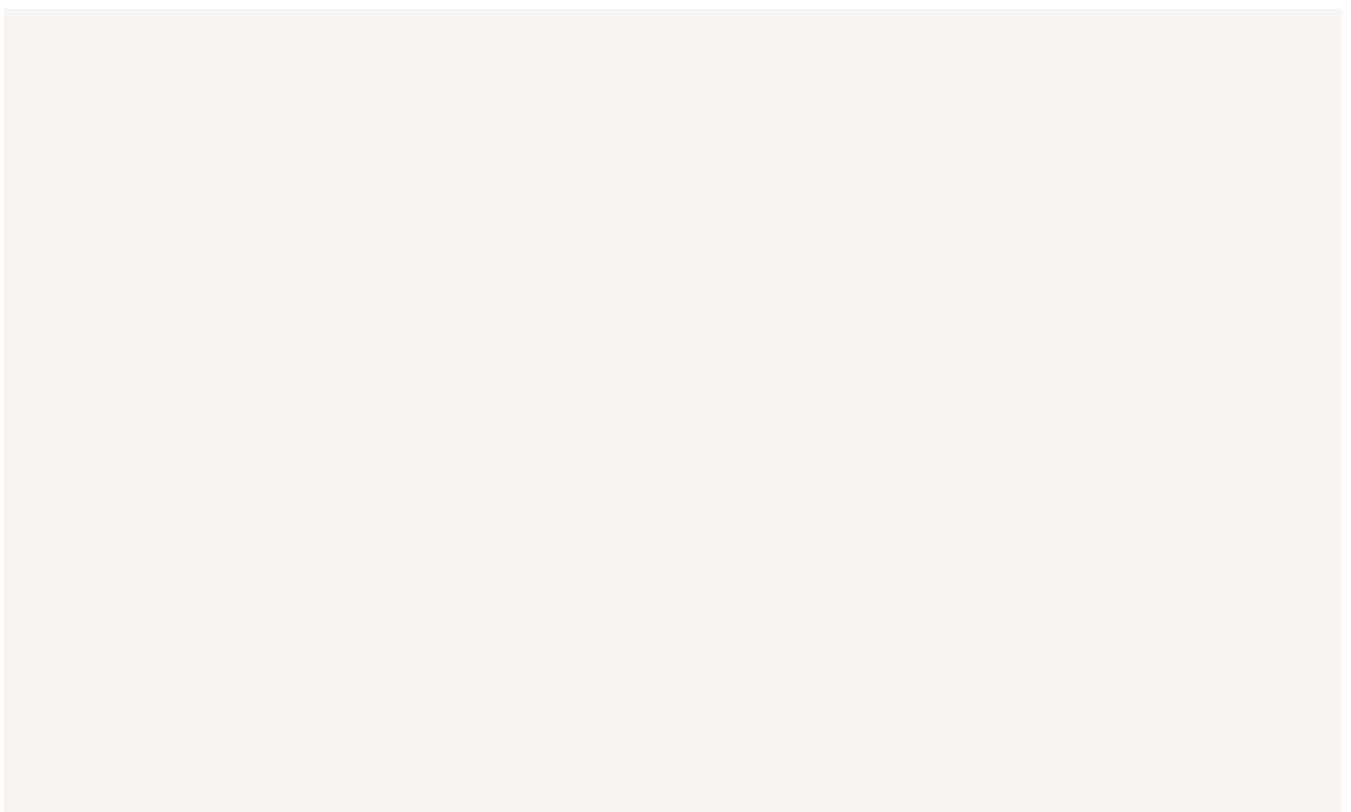
Connie x

QUESTIONS

What has been your biggest insight, realisation or AHA from these last 3 classes?

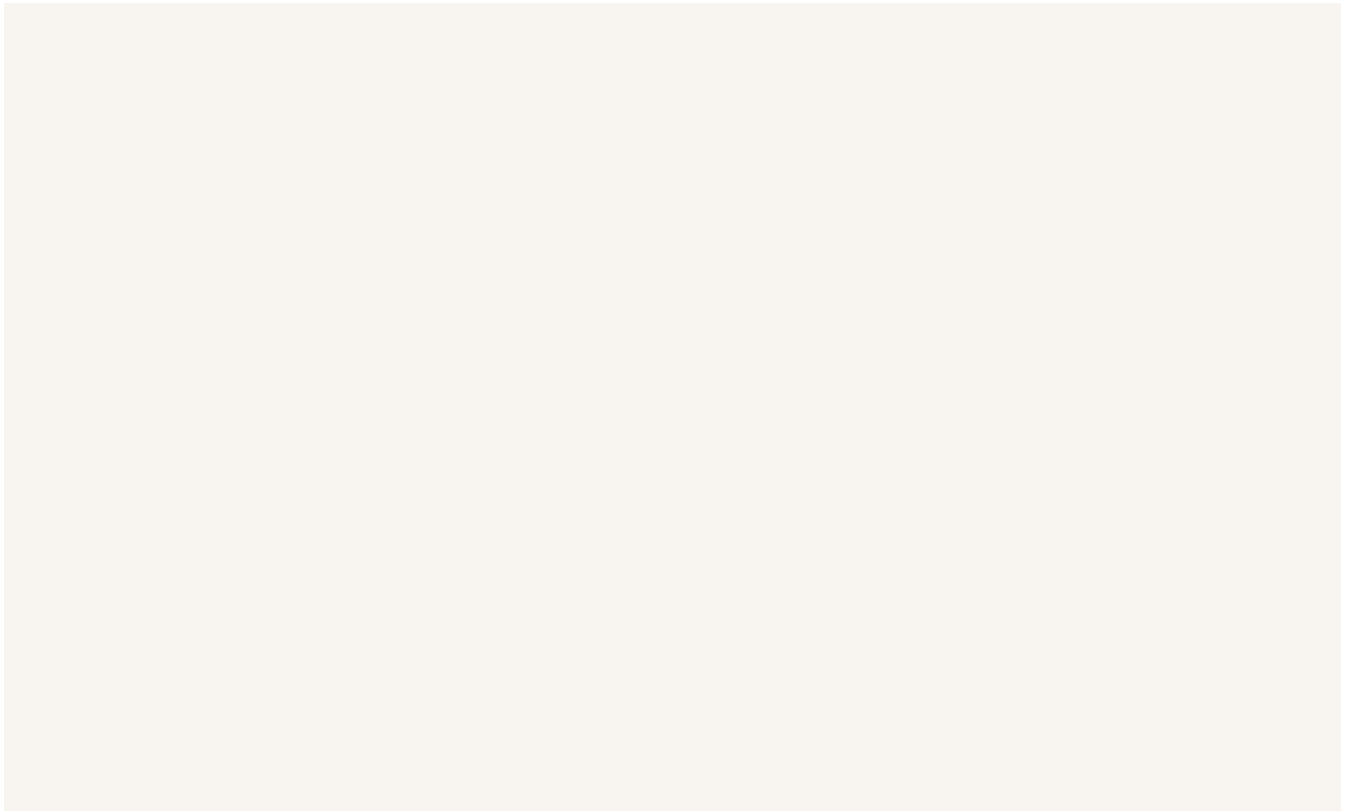


What has been the most impactful practice that you have taken on and applied?

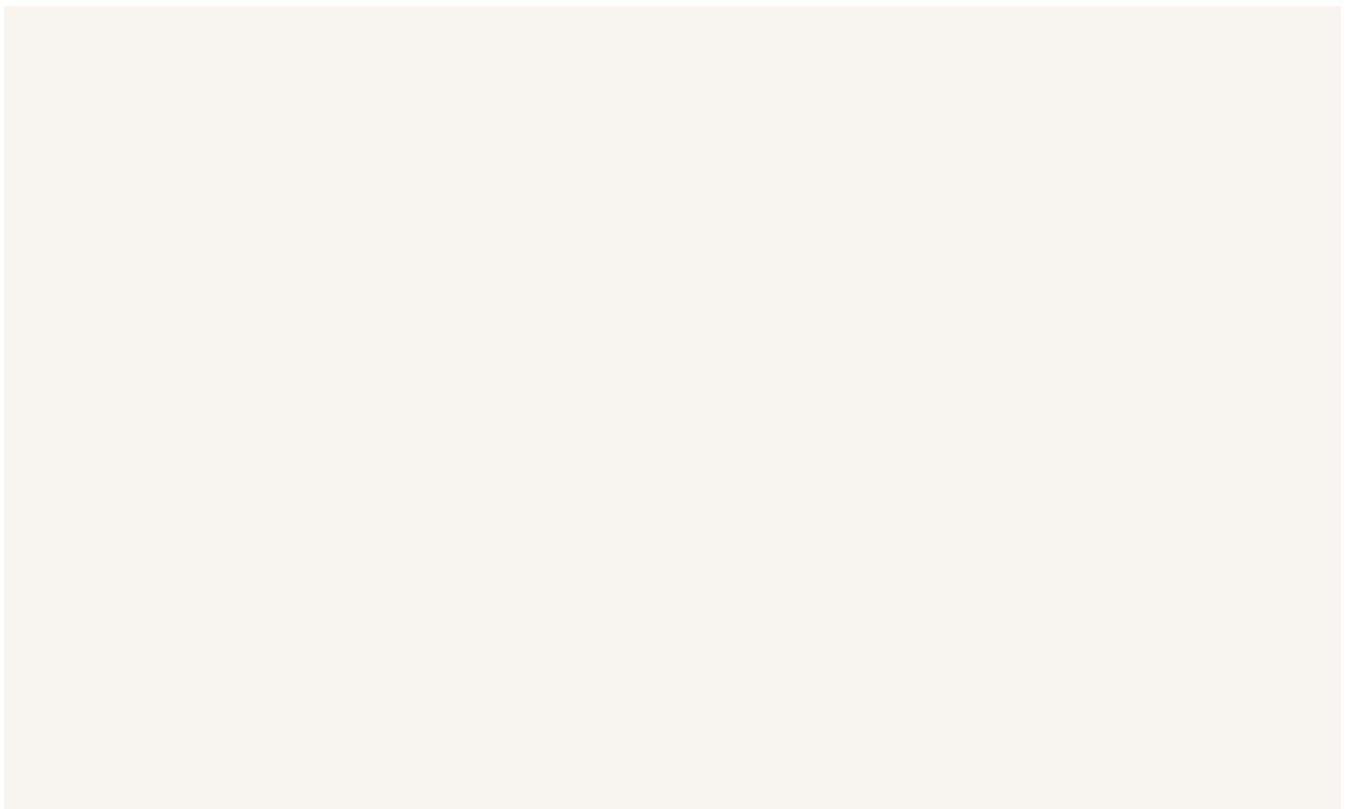


QUESTIONS

What has been the biggest inner shift or change you have felt within yourself?

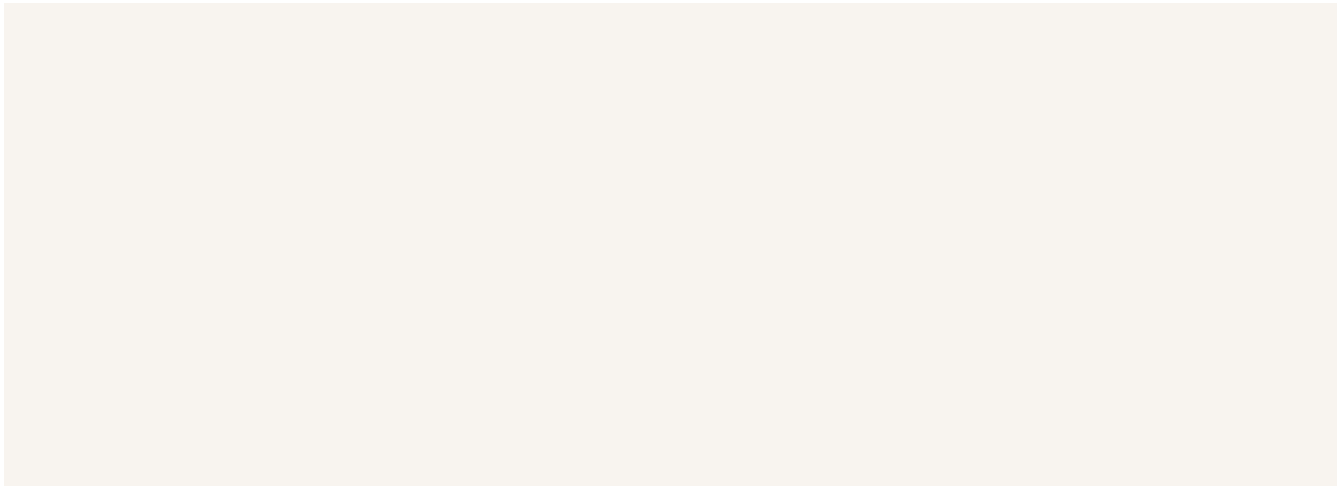


What is the main area that still needs more focus, healing, and inner work?

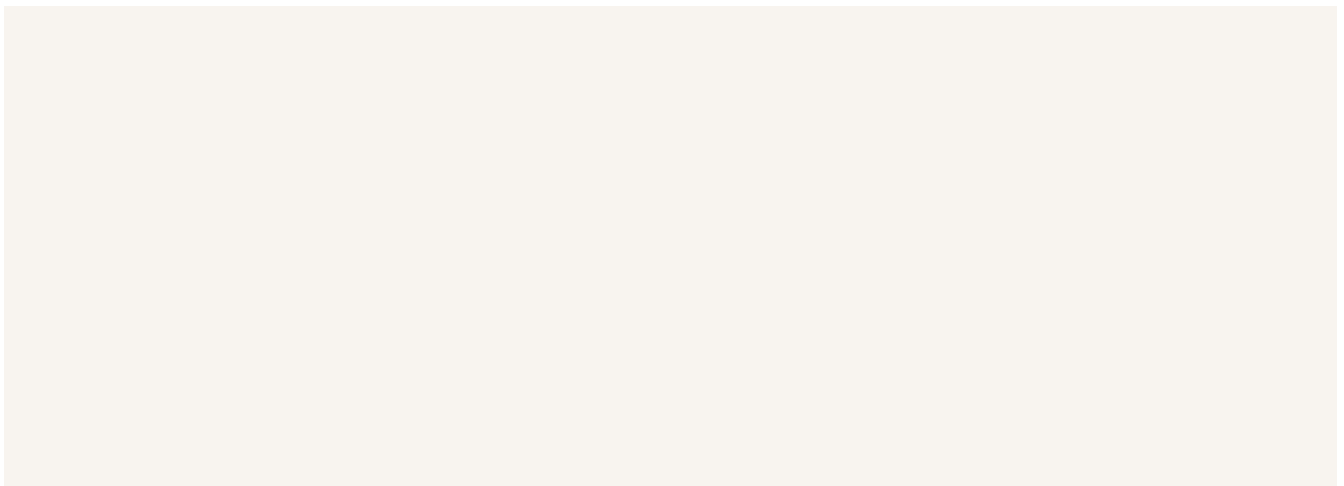


QUESTIONS

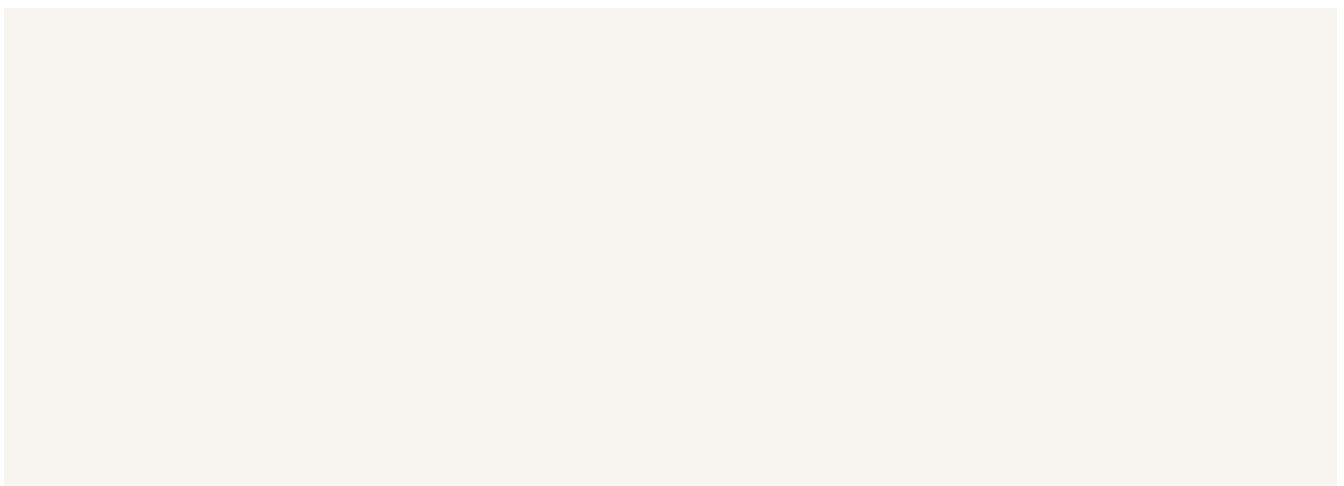
What healing have you been able to experience around your inner child wounds?



In what ways do you feel more connected to your authentic self?

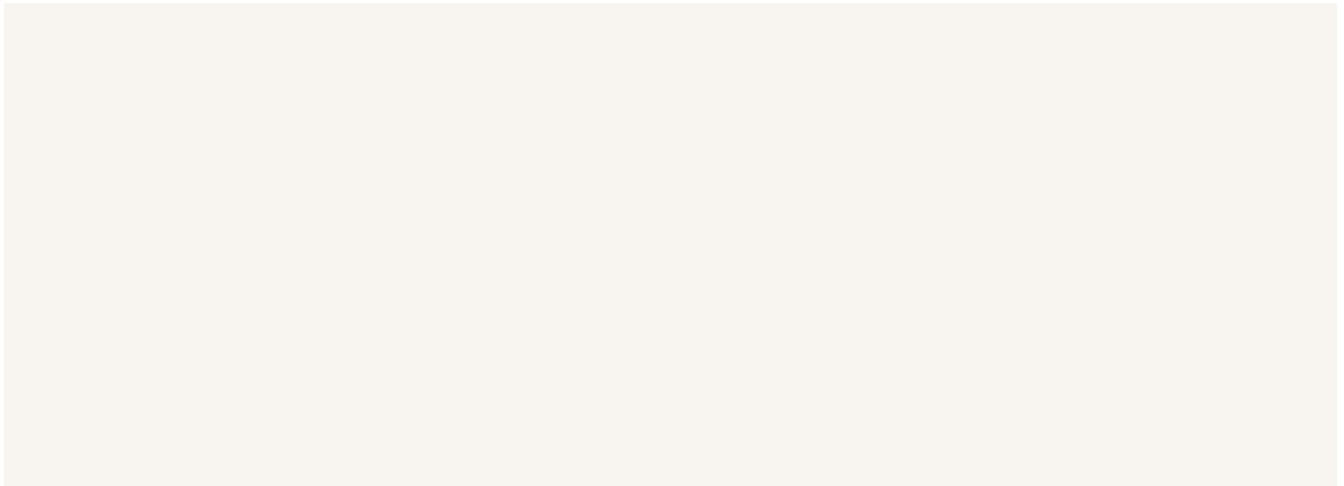


How are you now feeling a greater sense of love and acceptance of yourself?

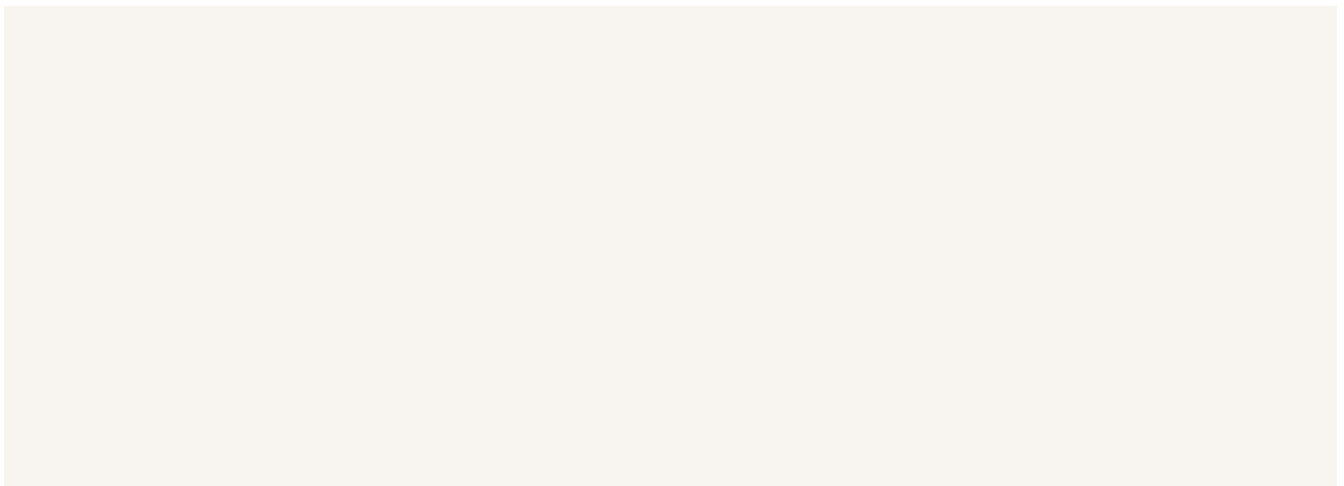


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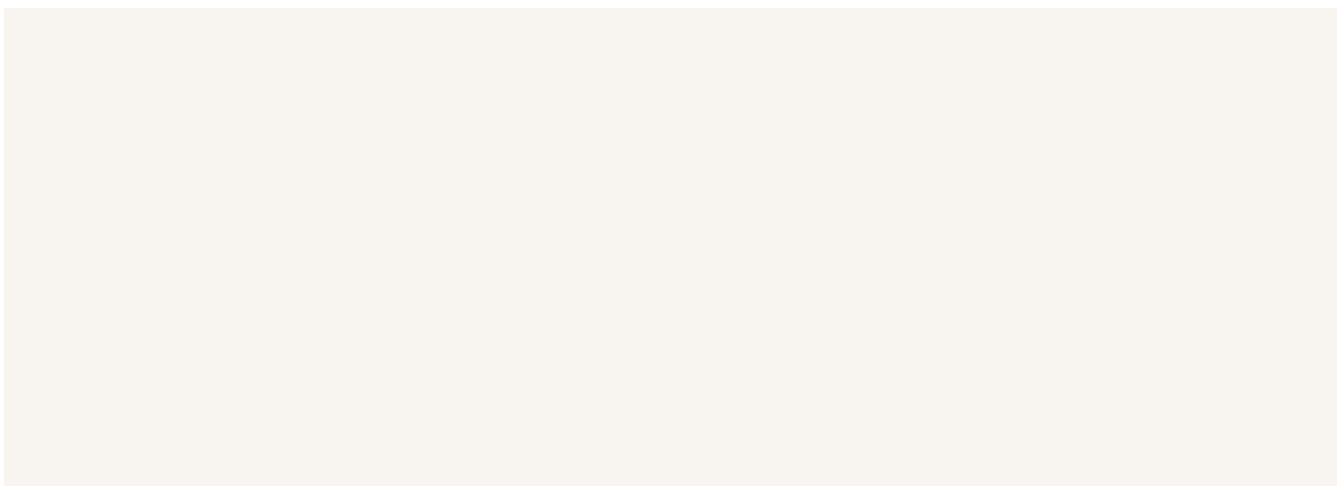
What are you most proud of yourself for from the journey so far?



Is there anything you would like to do differently as you continue the journey?



What do you want to focus on through this Integration Week?



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.