

divine femme



## Class Five

Ignite your sensuality,  
pleasure and radiance

# welcome



*Welcome to Class Five of Divine Femme! This week we are going to be exploring your sensuality, pleasure, joy and playfulness to help unlock and amplify your feminine radiance.*

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.

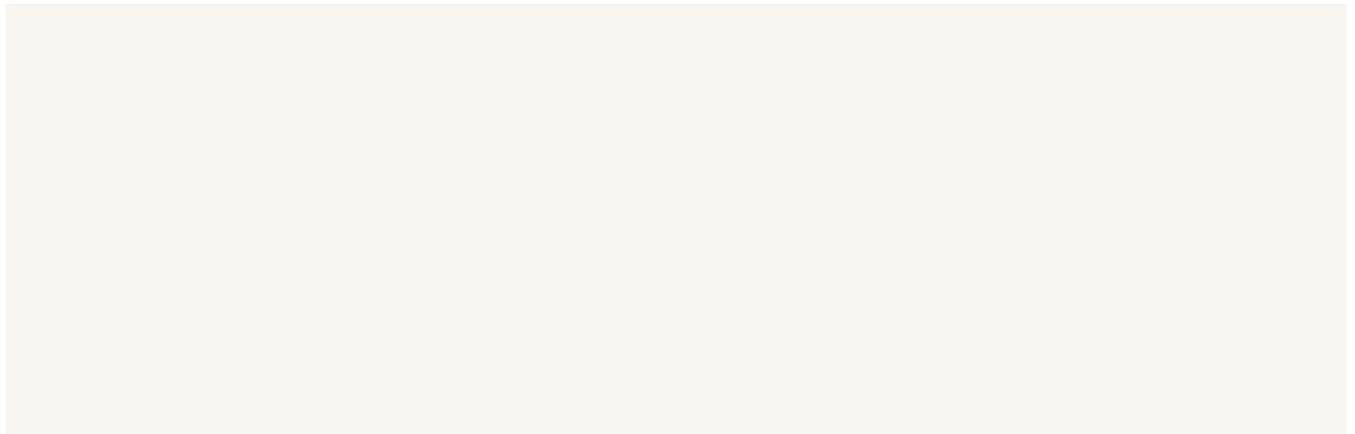
Take your time with these questions, and trust whatever wants to flow.

*Connie x*

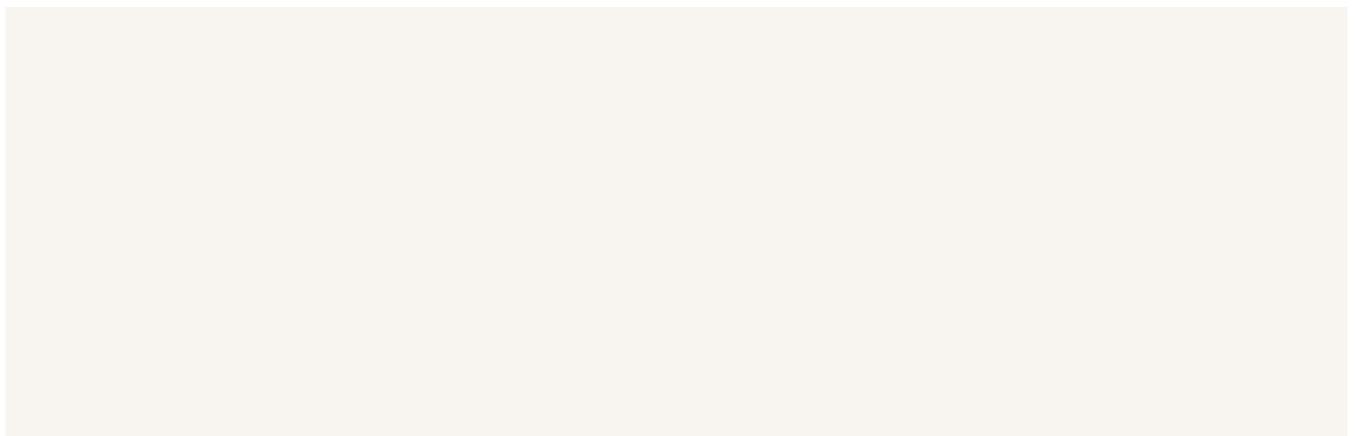
# QUESTIONS

*What resistance, fear or limiting stories arise for you around:*

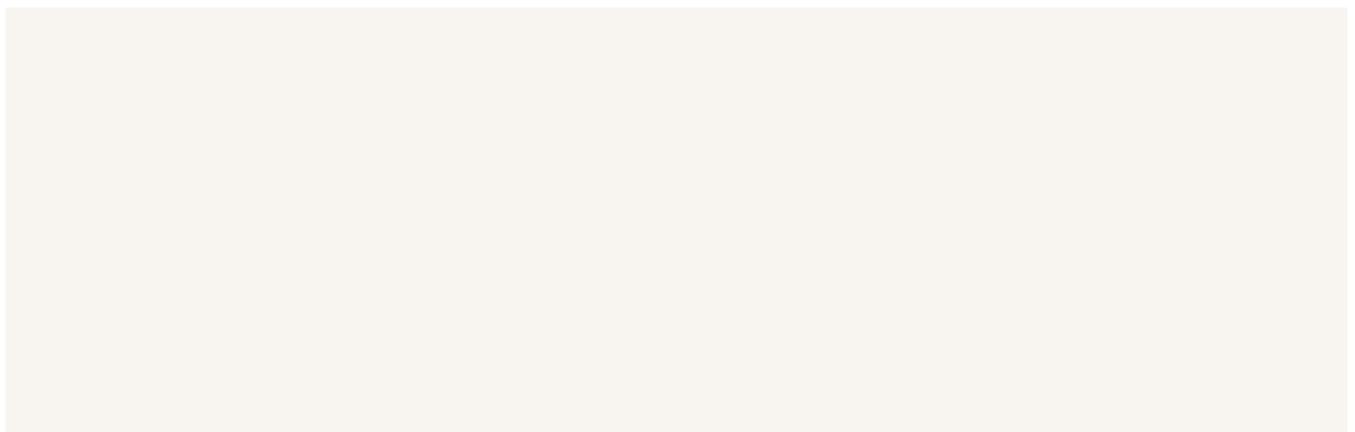
*Experiencing and receiving pleasure:*



*Being playful and prioritising play:*

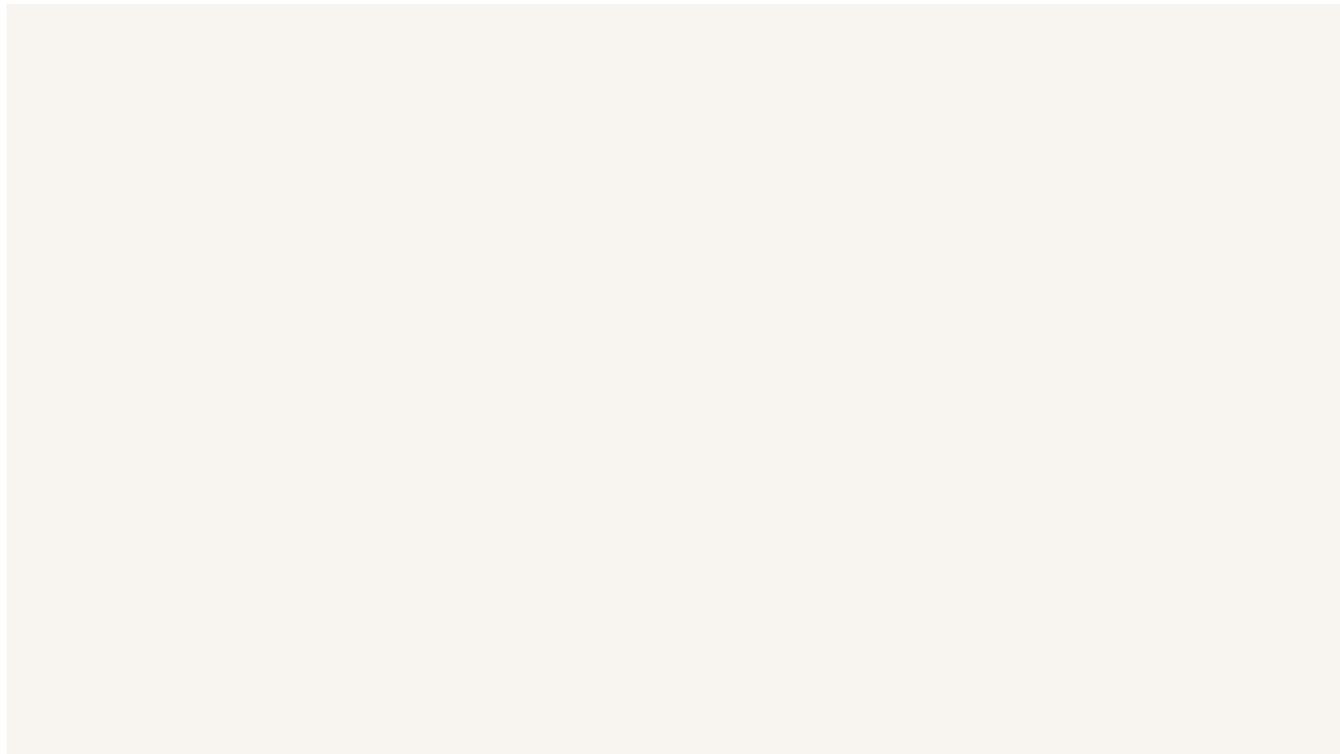


*Exploring and expressing your sensuality or sexuality:*

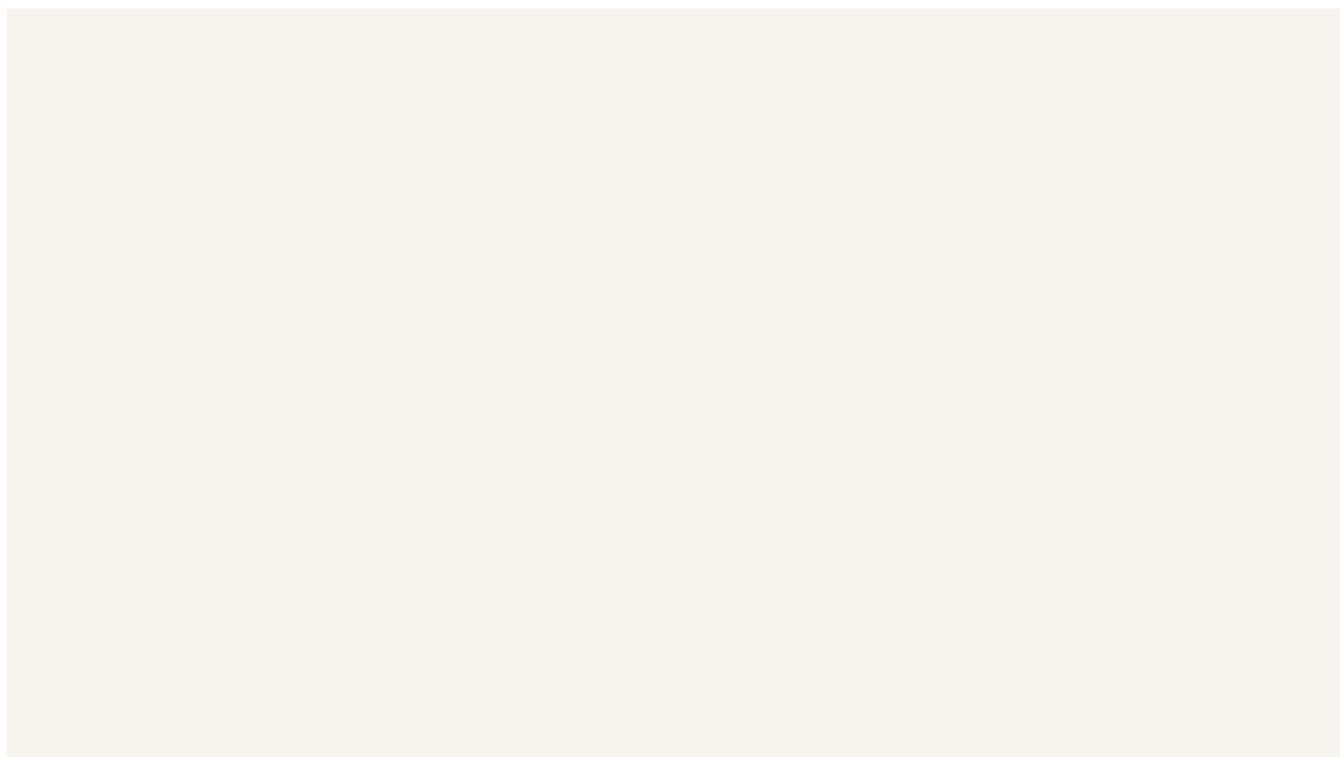


# QUESTIONS

*Identify which of these stories or beliefs feel the strongest for you. Where do these come from? Where did you learn them?*



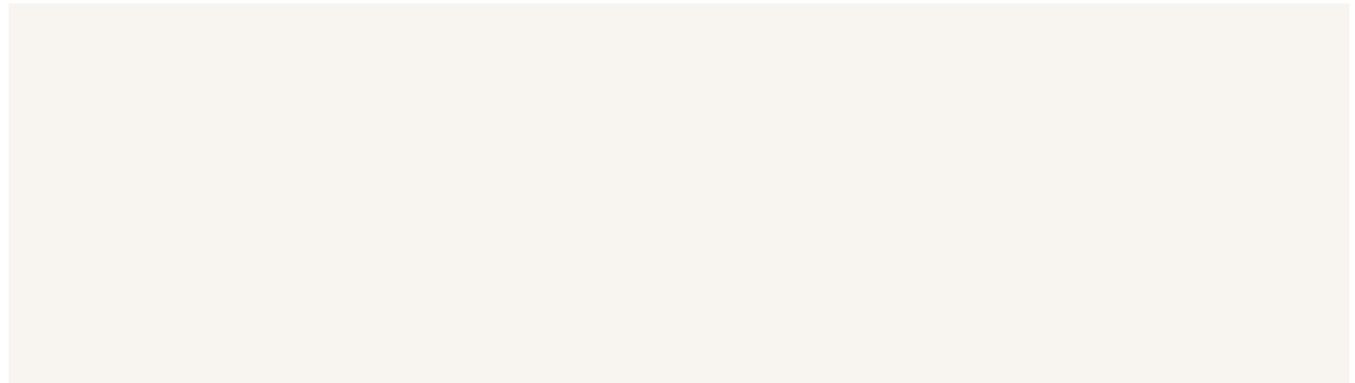
*How would you like to reframe them? What new stories or beliefs can you create that would support and empower you to connect with your pleasure, play and sensuality?*



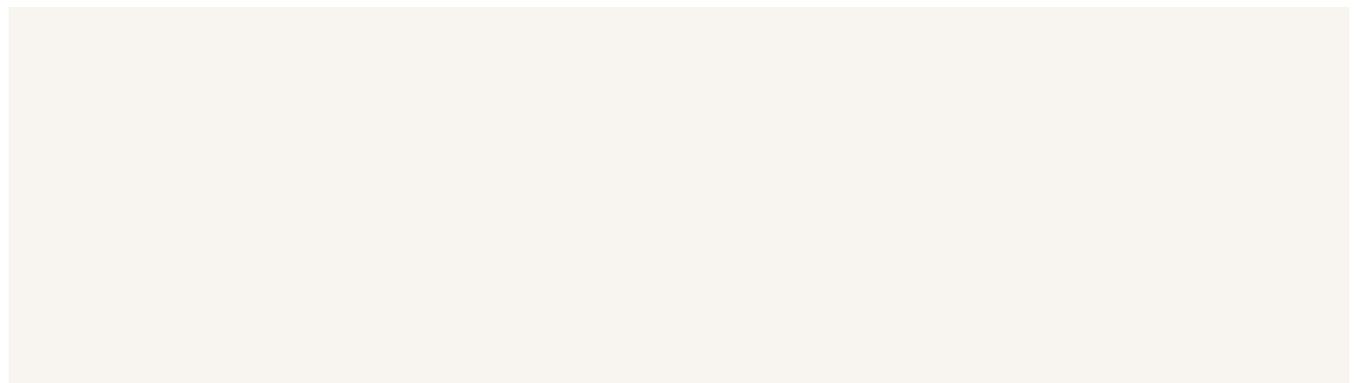
# QUESTIONS

*Explore what brings pleasure to your senses.*

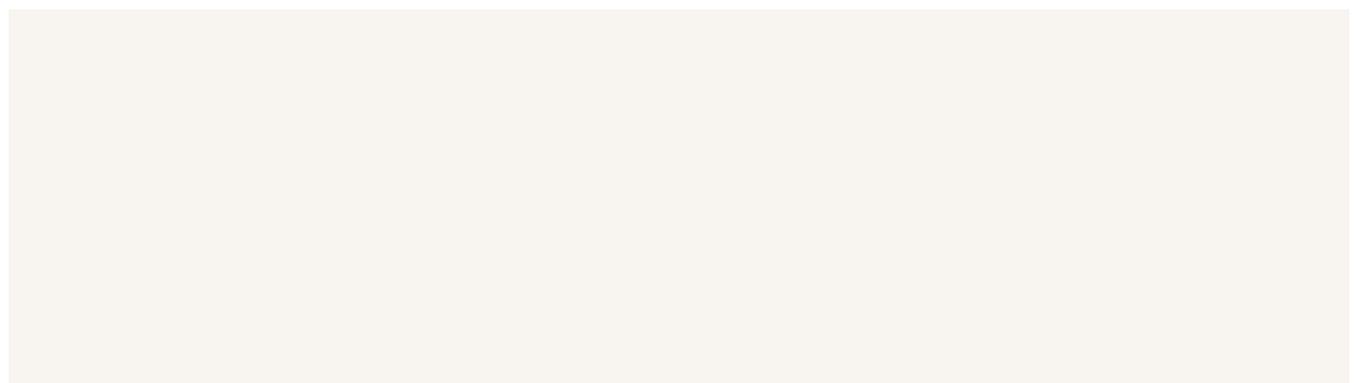
*Sight: What brings pleasure to your eyes? e.g. Nature, Sunsets, Sunrises, Artwork, Flowers, Soft Lighting, etc.*



*Sound: What brings pleasure to your ears? e.g. The Ocean, Upbeat Music, Soft Calming Music, Silence, Nature Sounds, etc.*



*Taste: What brings pleasure to your tastebuds? e.g. Sweetness, Spiciness, Creaminess, The Taste of Coffee, Fresh Fruit, Your Favourite Food, etc.*



# QUESTIONS

*Explore what brings pleasure to your senses.*

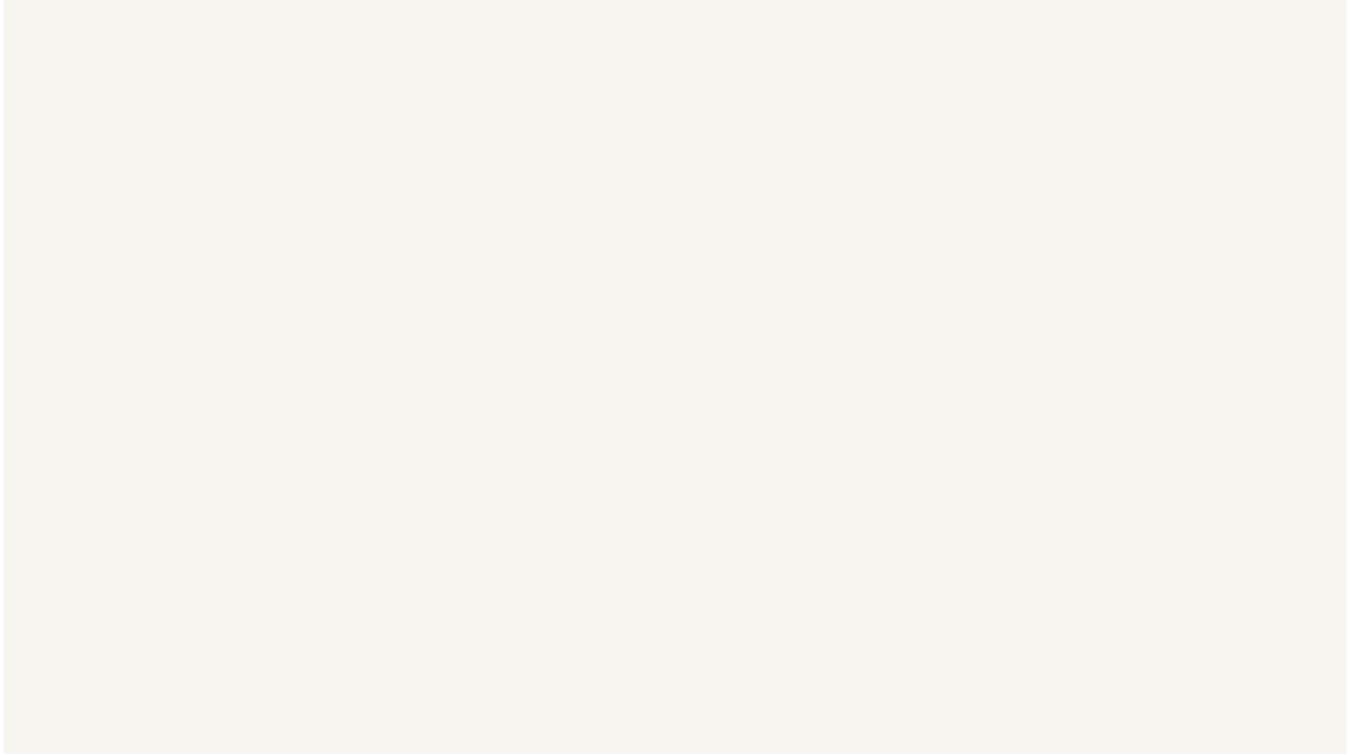
*Smell: What smells bring you pleasure? e.g. Florals, Essential Oils, A Home Cooked Meal, Your Partner's Cologne, Ocean Air, etc.*

*Touch: What brings pleasure to your body? e.g. Massage, Cuddles, Kisses, Working Out, Yoga, Sleep, A Hot Bath, Sex, Soft Clothing, etc.*

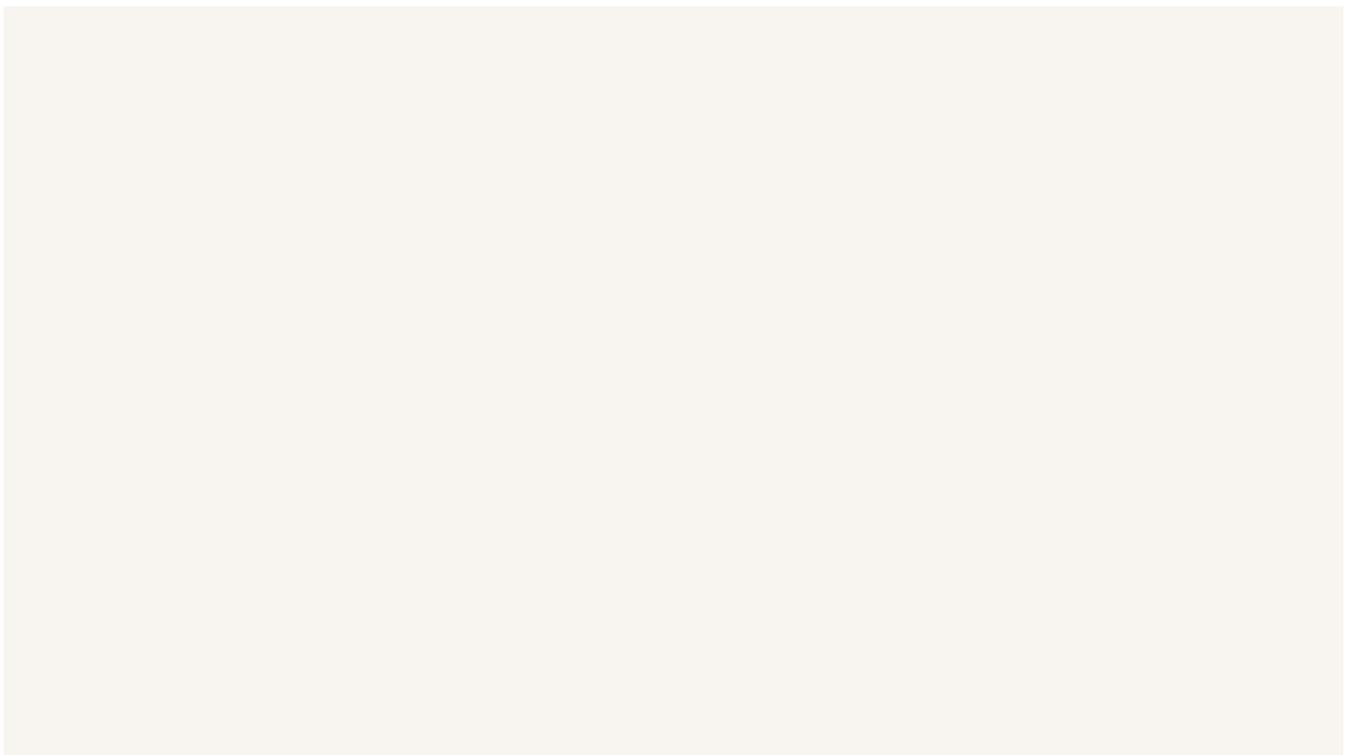
*Which sense is your favourite one to experience pleasure through? Why?*

# QUESTIONS

*Choose one place where you want to practise slowing down, savouring the experience and deepening your pleasure. Write it below and explore how you will do this:*

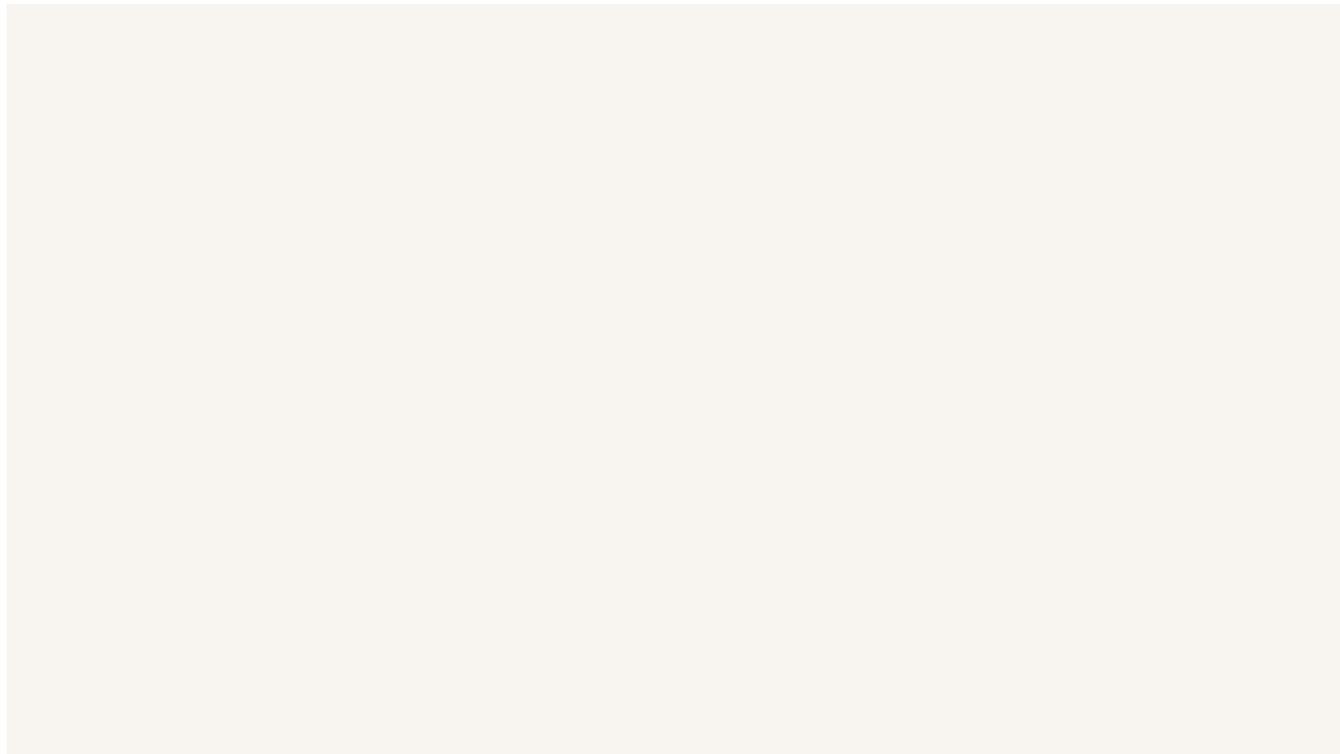


*Commit to practising this at least once this week. Write your reflections below on how the experience felt different and what you gained from it.*

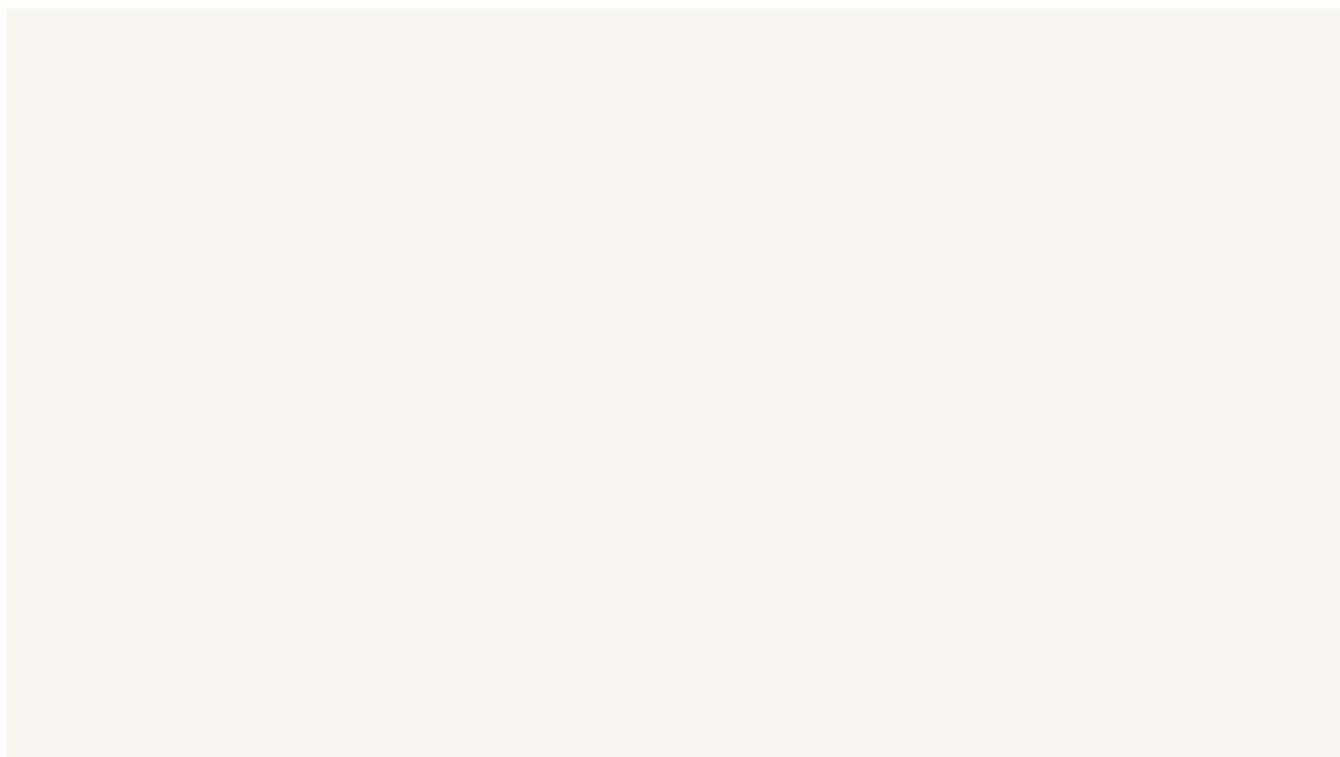


# QUESTIONS

*What amplifies your radiance? What makes you feel light, sparkly, filled with joy, happy, whole, alive, bright and connected to your pleasure?*



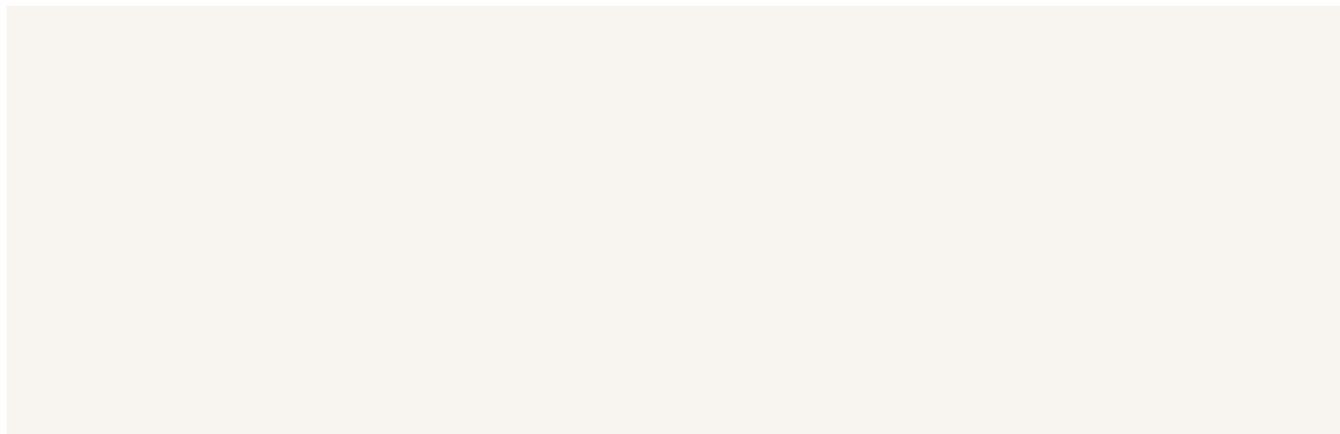
*What diminishes your radiance? What makes you feel heavy, dull, depleted, burdened, disconnected from your joy and devoid of pleasure?*



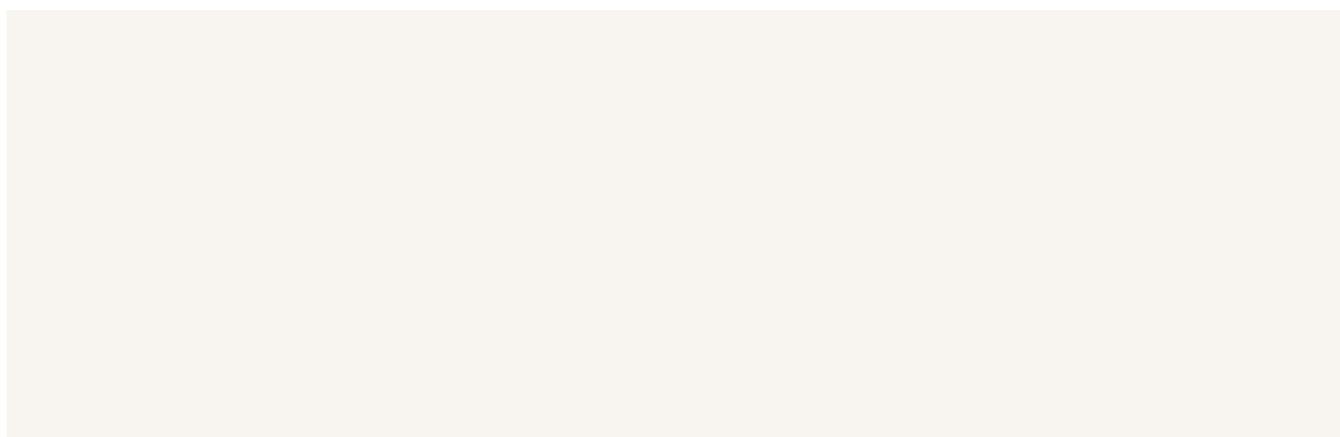
# QUESTIONS

*Identify 1-3 ways that you want to begin to:*

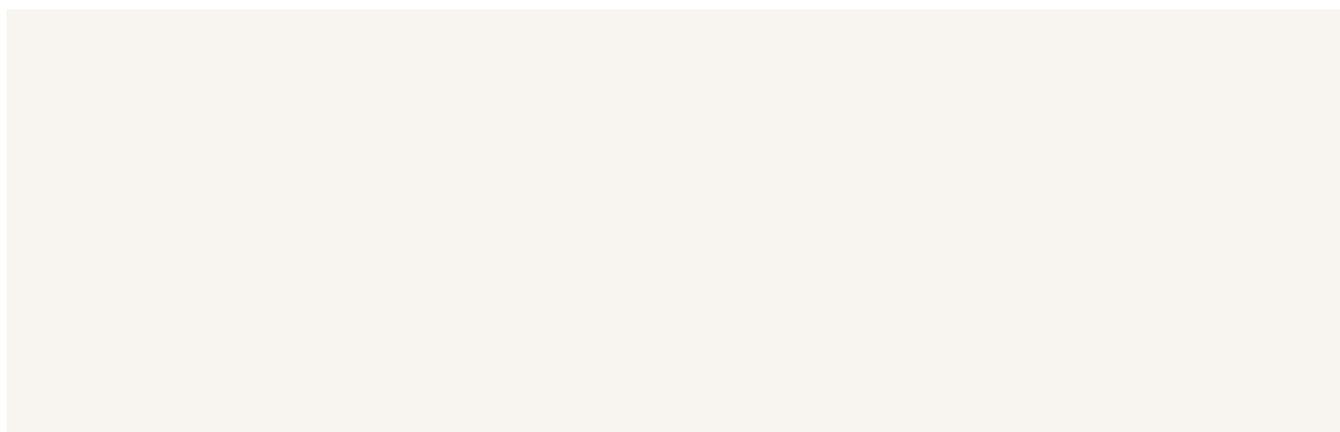
*Expand and deepen your experience of pleasure:*



*Embody more playfulness and prioritise activities that feel like play:*



*Explore and express more of your sensuality or sexuality:*



# 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.