

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.

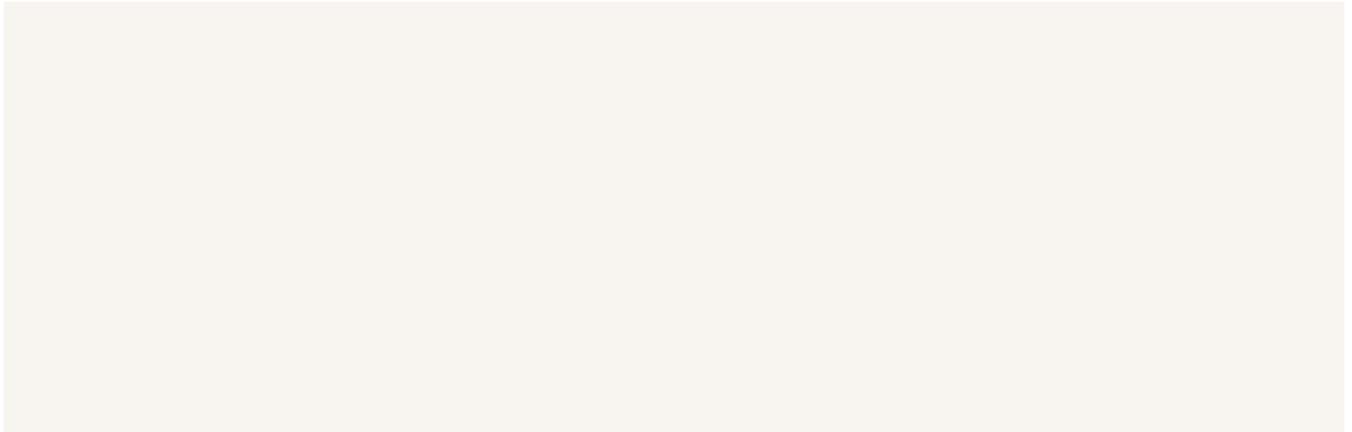
Take your time with these questions, and trust whatever wants to flow.

Connie x

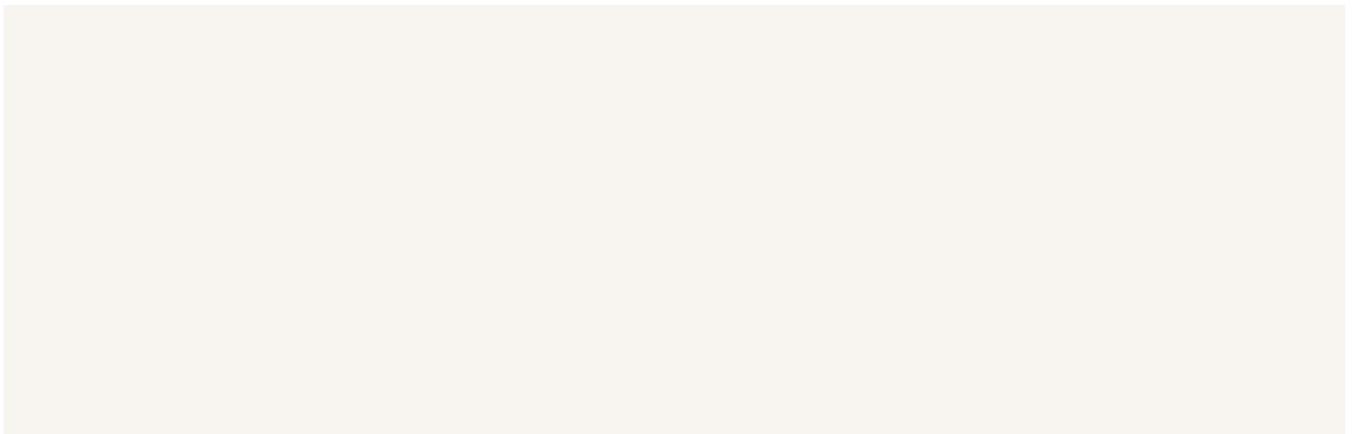
QUESTIONS

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

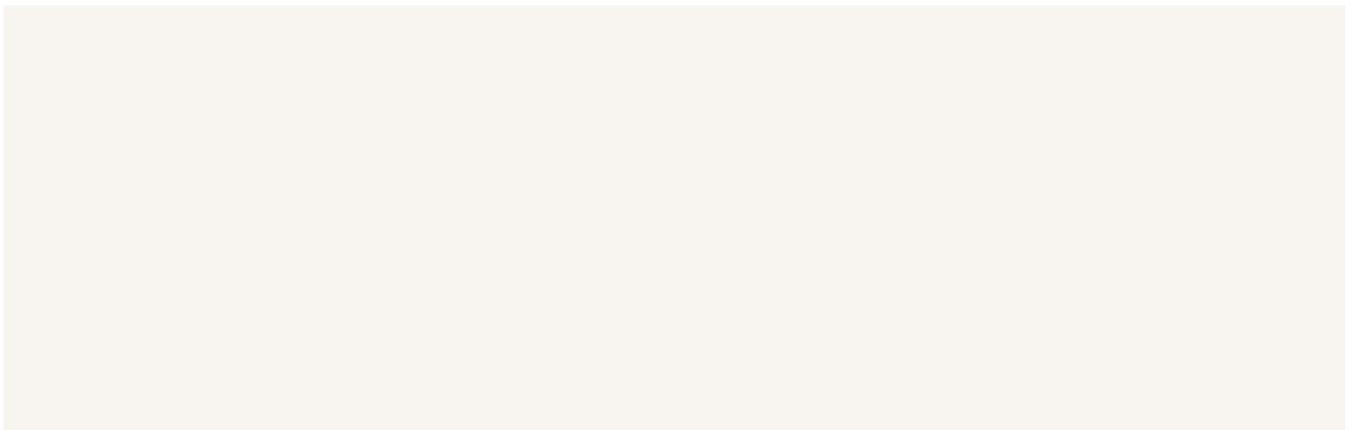
Experiencing and receiving pleasure:



Being playful and prioritising play:

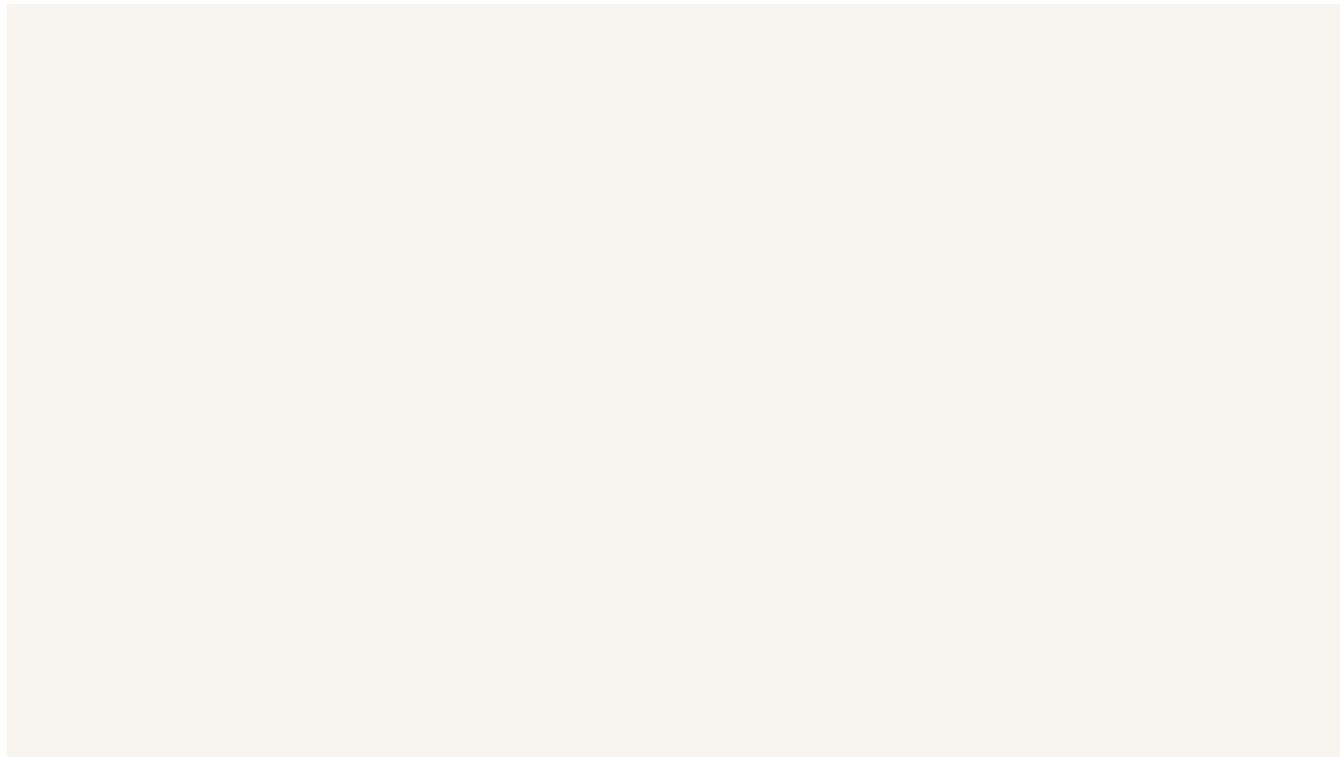


Exploring and expressing your sensuality or sexuality:

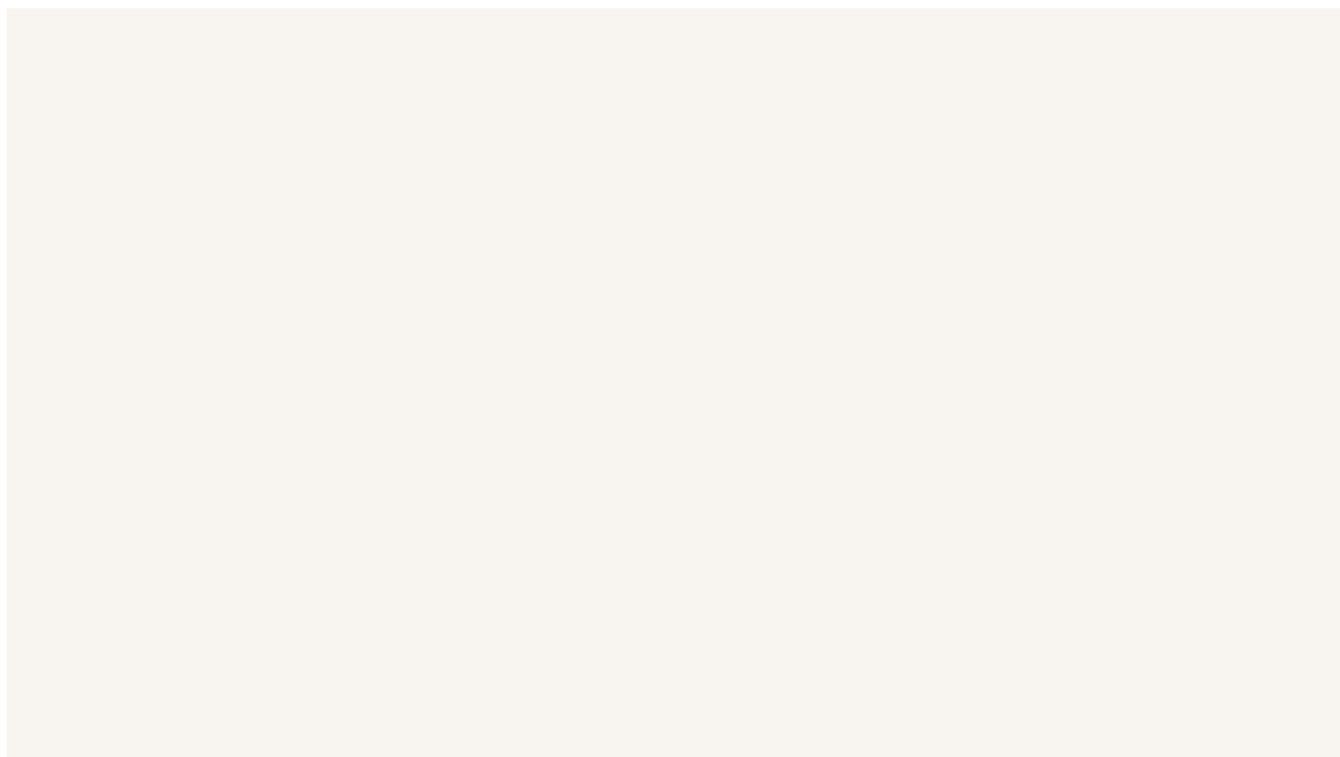


QUESTIONS

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



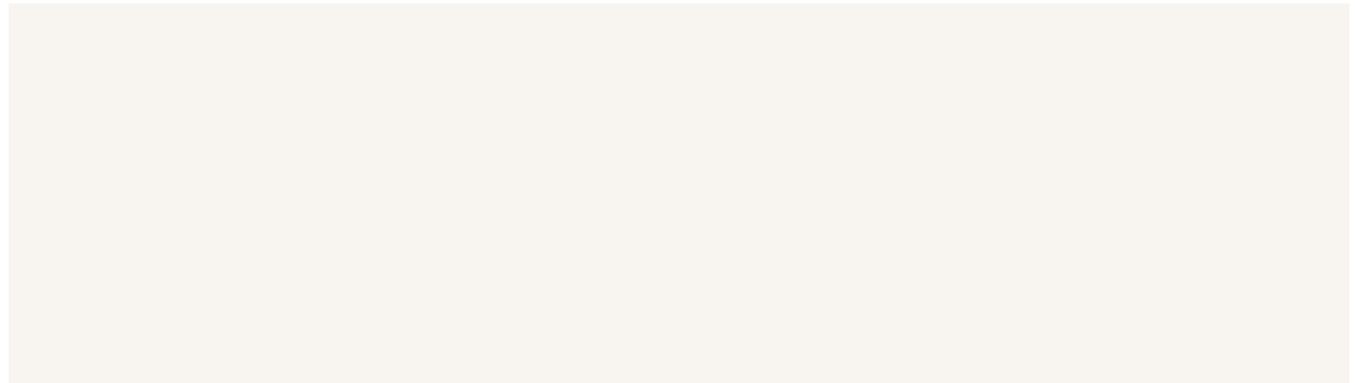
How would you like to reframe them? What new stories or beliefs can you create that would support and empower you to connect with your pleasure, play and sensuality?



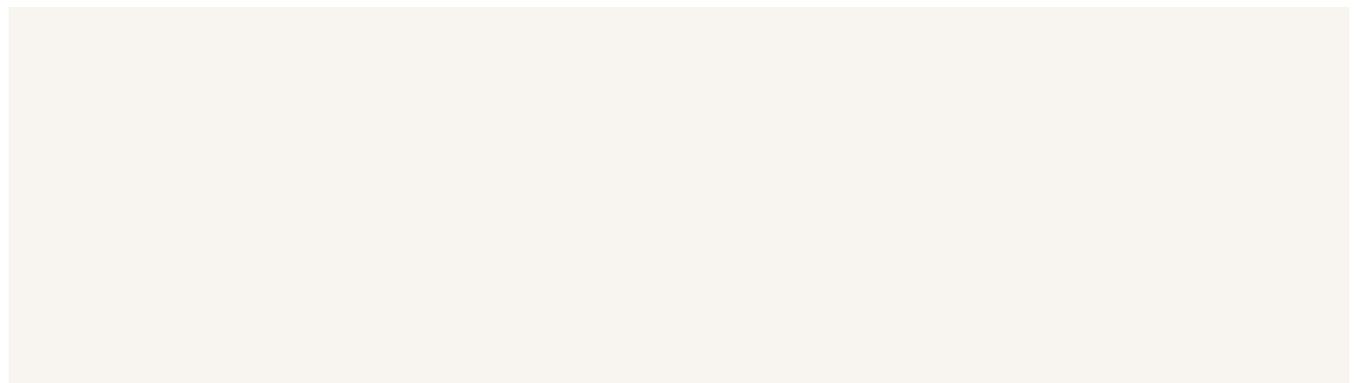
QUESTIONS

Explore what brings pleasure to your senses.

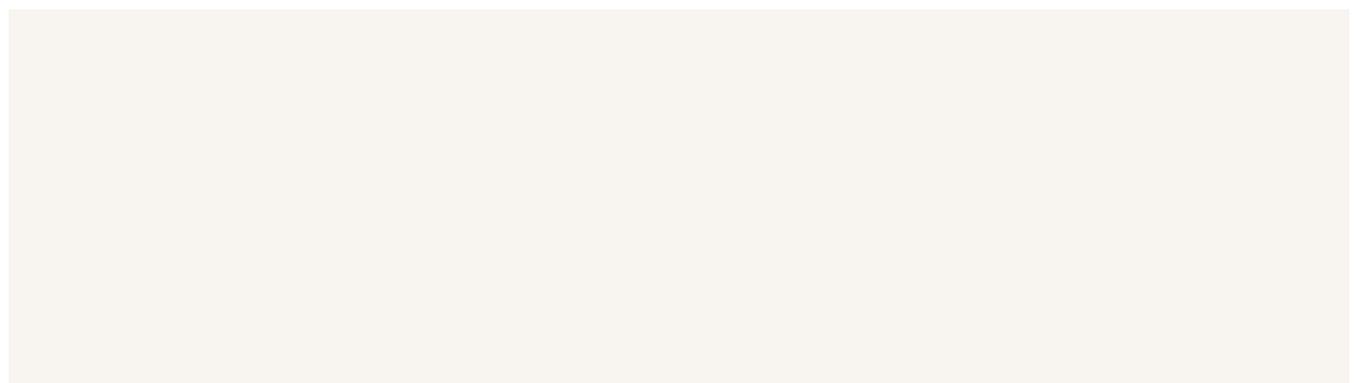
Sight: What brings pleasure to your eyes? e.g. Nature, Sunsets, Sunrises, Artwork, Flowers, Soft Lighting, etc.



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.

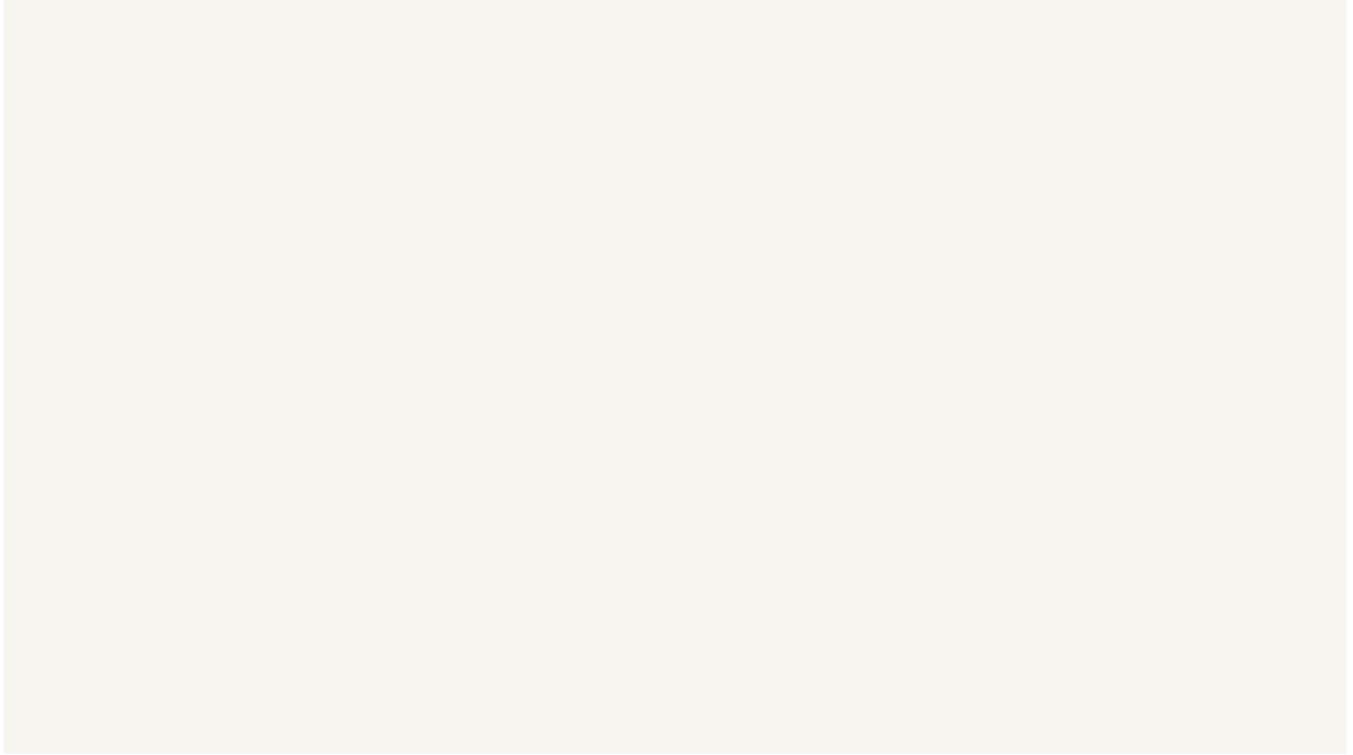
Smell: What smells bring you pleasure? e.g. Florals, Essential Oils, A Home Cooked Meal, Your Partner's Cologne, Ocean Air, etc.

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

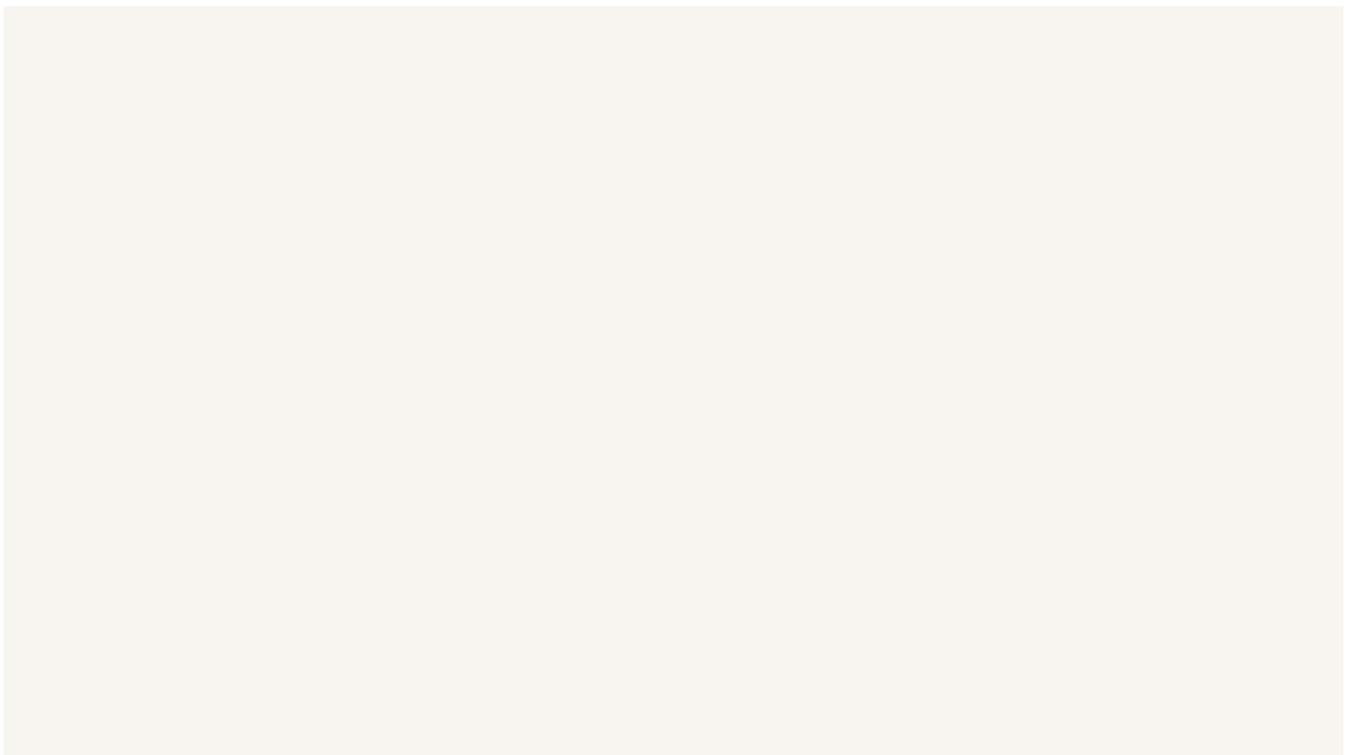
Which sense is your favourite one to experience pleasure through? Why?

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:

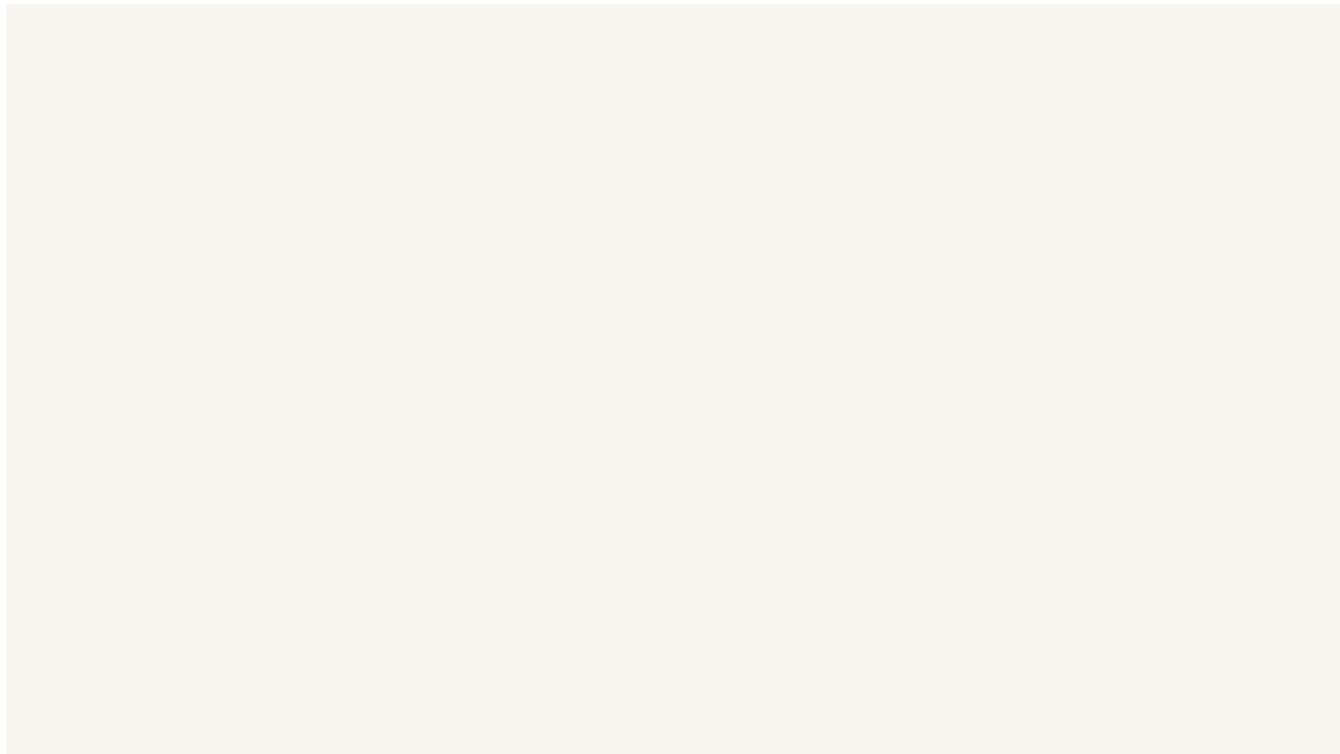


Commit to practising this at least once this week. Write your reflections below on how the experience felt different and what you gained from it.

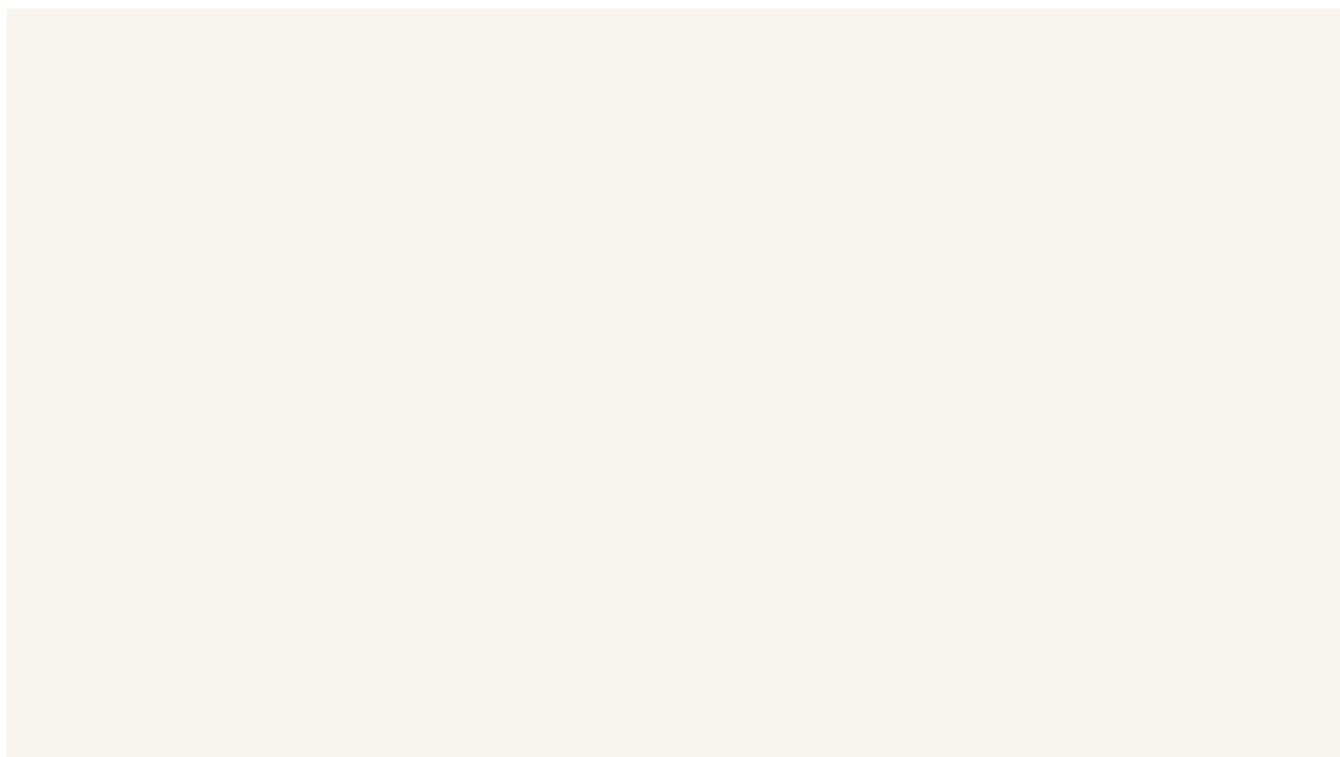


QUESTIONS

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



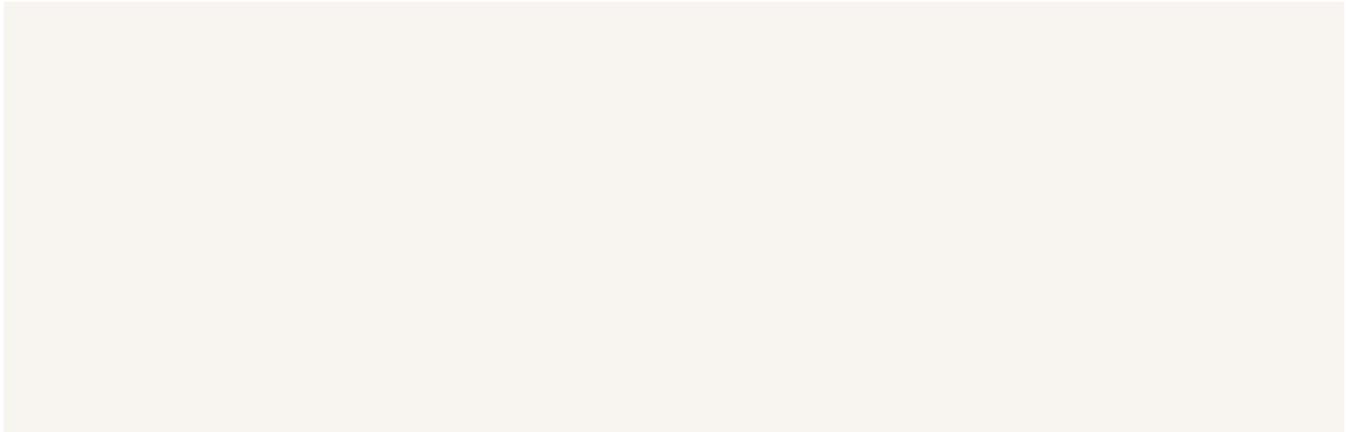
What diminishes your radiance? What makes you feel heavy, dull, depleted, burdened, disconnected from your joy and devoid of pleasure?



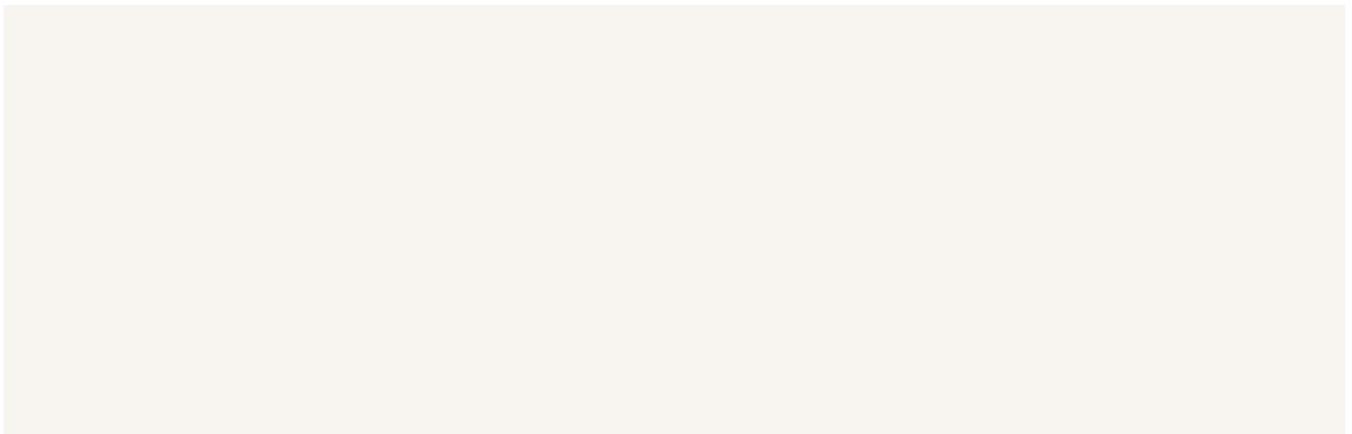
QUESTIONS

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

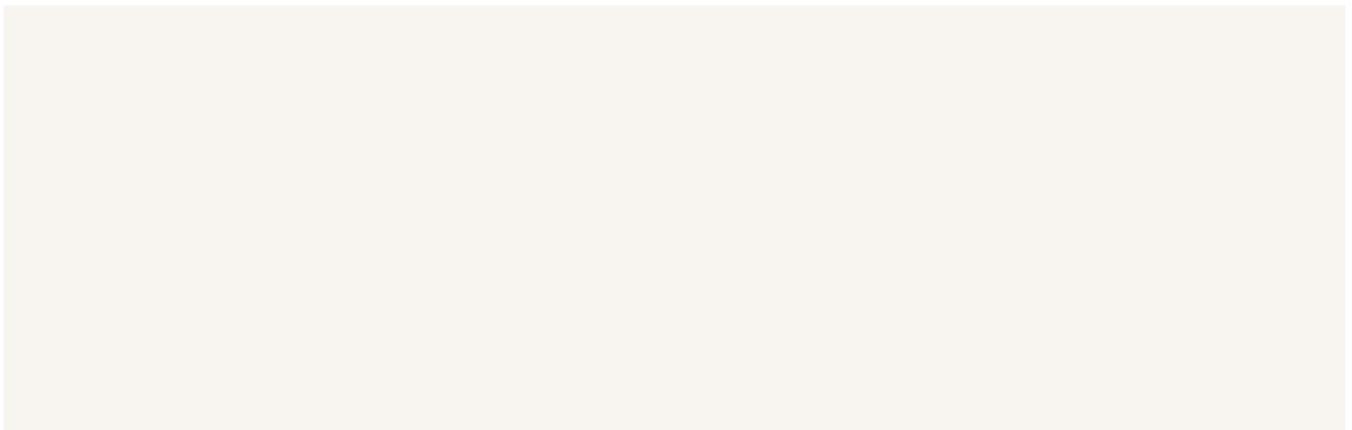
Expand and deepen your experience of pleasure:



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:

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.