

divine femme



## Class Seven

Trust yourself, your intuition  
and your body wisdom

# welcome



*Welcome to Class Seven of Divine Femme! This week we are going to be awakening the presence of your intuition and helping you build trust in yourself, your body wisdom and your inner knowing.*

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.

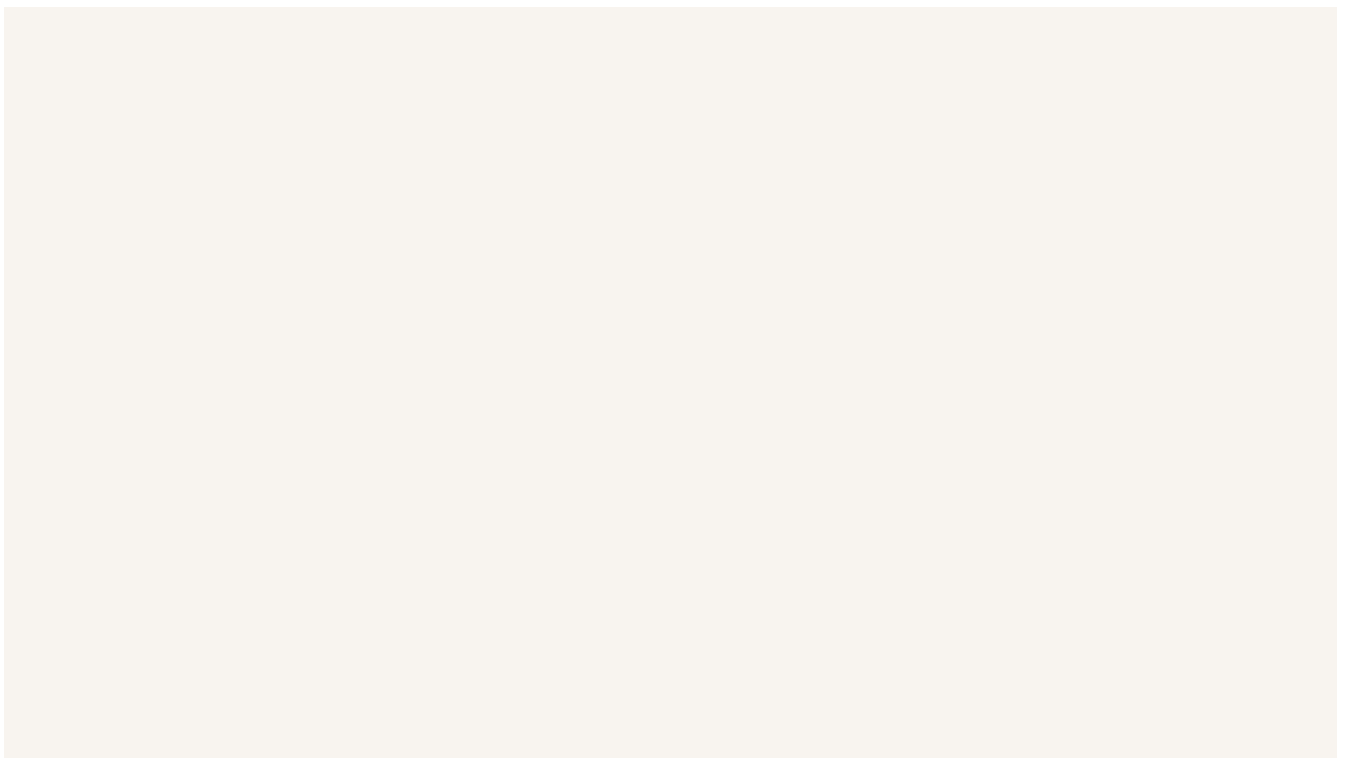
*Connie x*

# QUESTIONS

*How does your intuition communicate to you? Do you feel sensations in your body, hear guidance in your mind or see images? Describe below:*

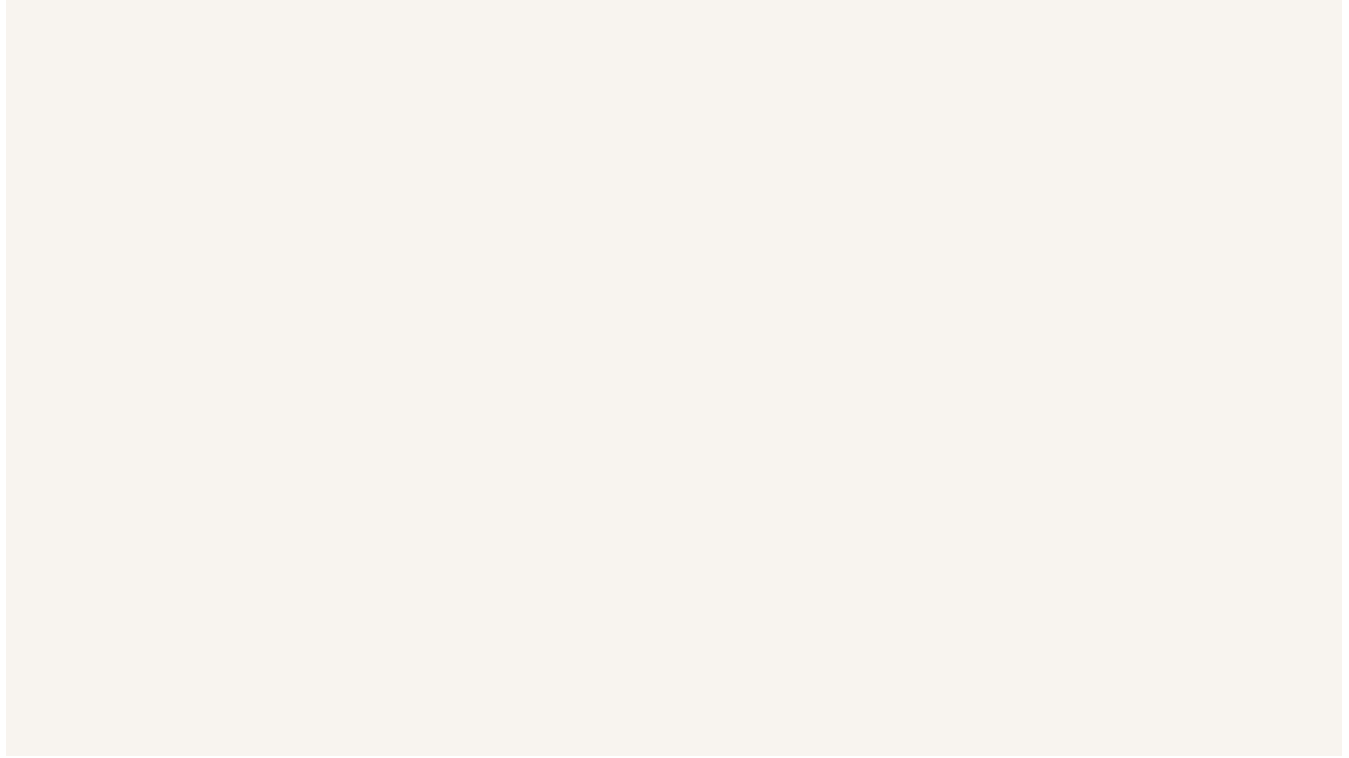


*What does it feel like when your guidance is coming from your intuition versus when it is coming from your logical mind? Describe the difference:*

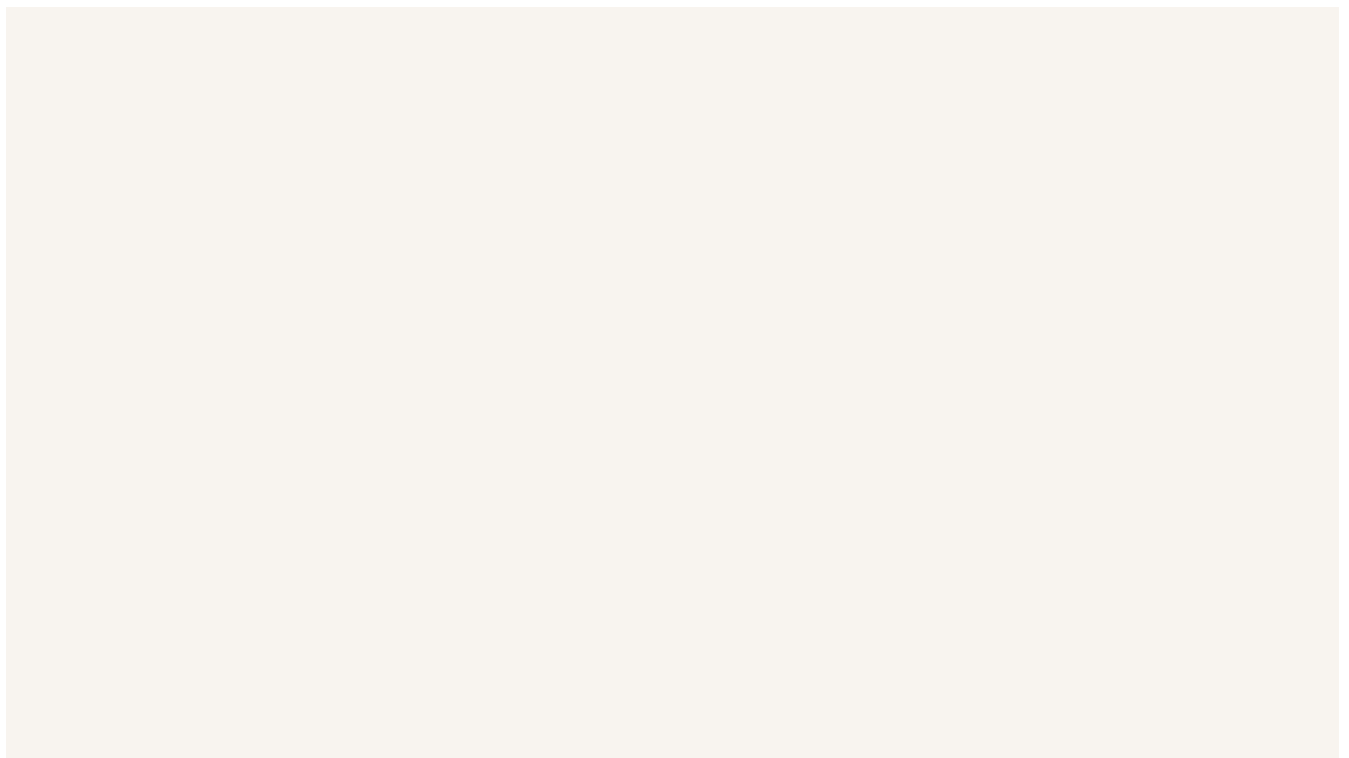


# QUESTIONS

*What does an inner 'yes' feel like in your body? When do you last remember feeling this inner 'yes'?*



*What does an inner 'no' feel like in your body? When do you last remember feeling this inner 'no'?*



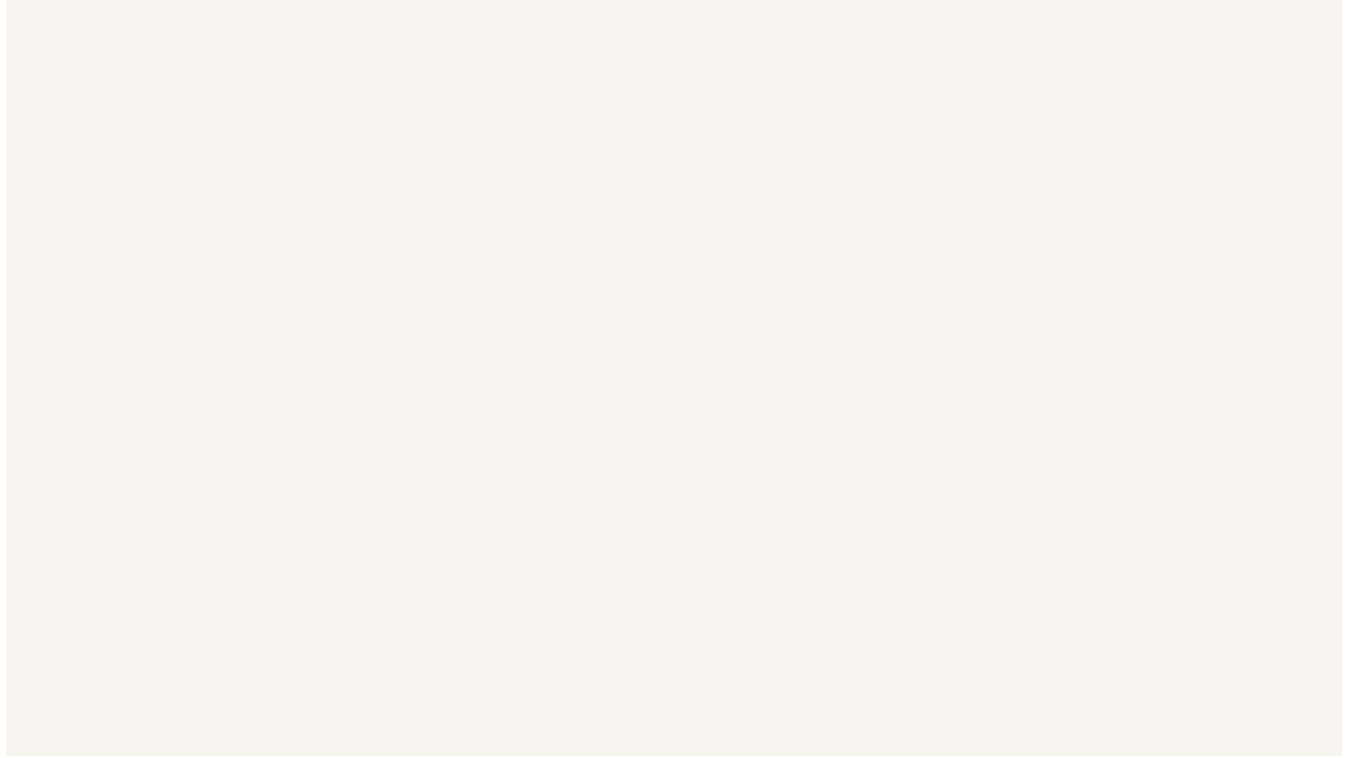
# QUESTIONS

*Think about a time when your intuition spoke to you and you didn't listen. You didn't trust its guidance. What happened and what did you experience as a result?*

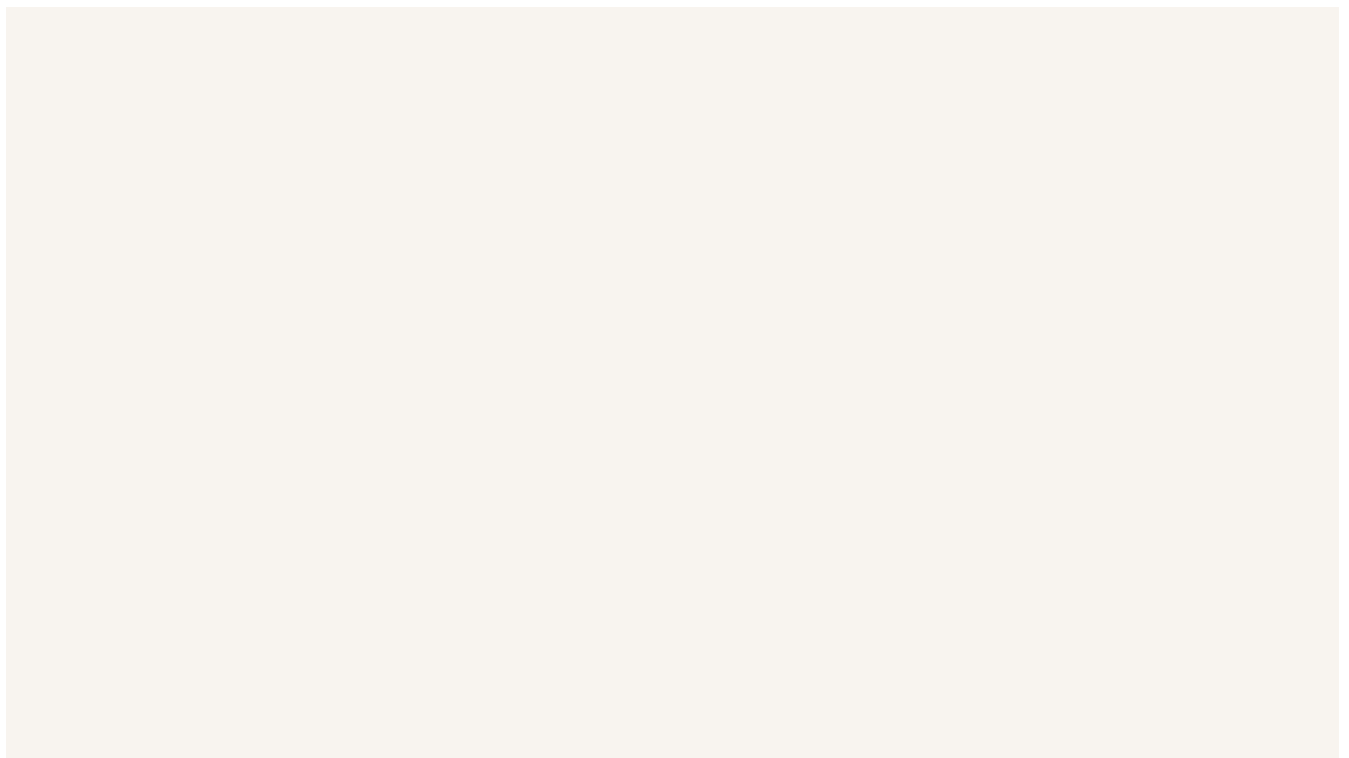
*Think about a time when your intuition spoke to you and you did listen. You trusted its guidance and acted on it. What happened and what did you experience as a result?*

# QUESTIONS

*Identify one key place where you are currently questioning or doubting yourself. Perhaps you are questioning a choice, course of action or decision.*

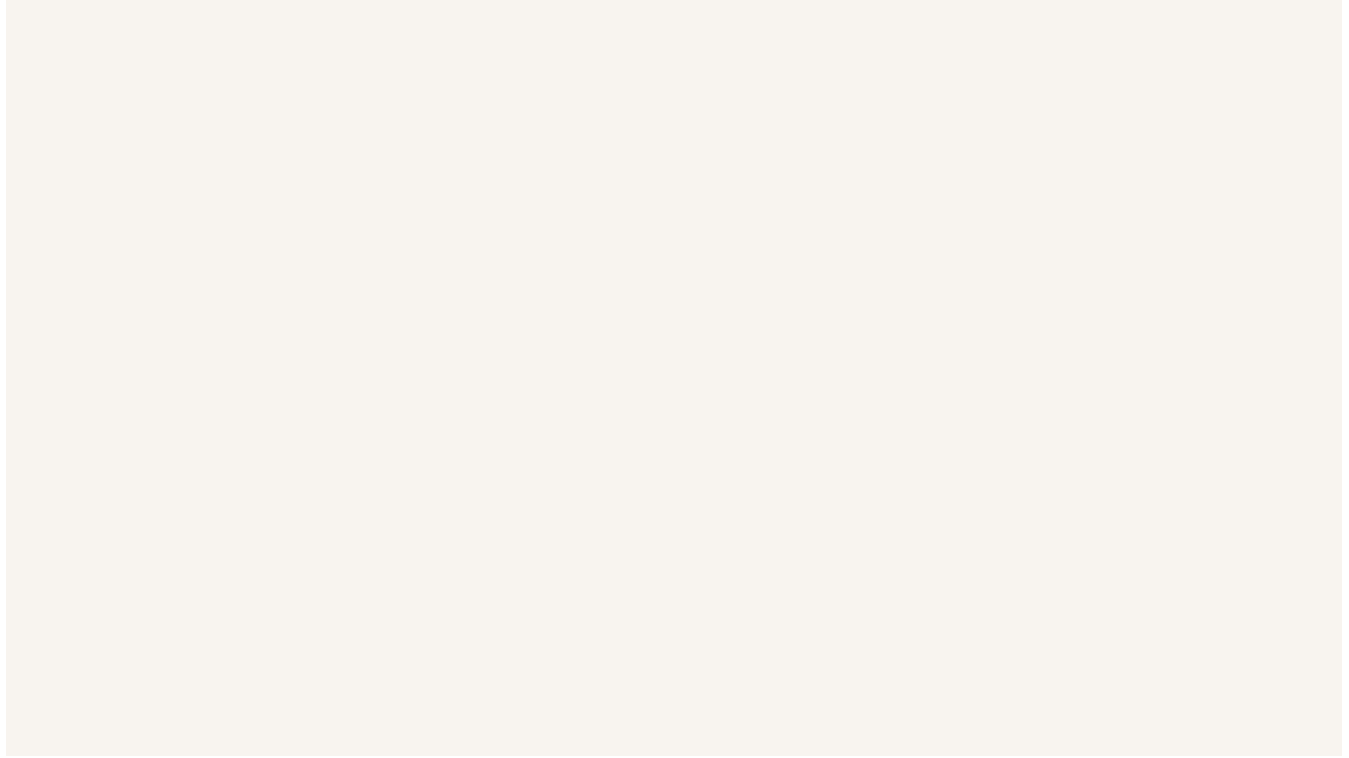


*Write out the train of thinking that is going through your mind. e.g. the questioning, worry or self-doubt, etc. What is your mind saying?*

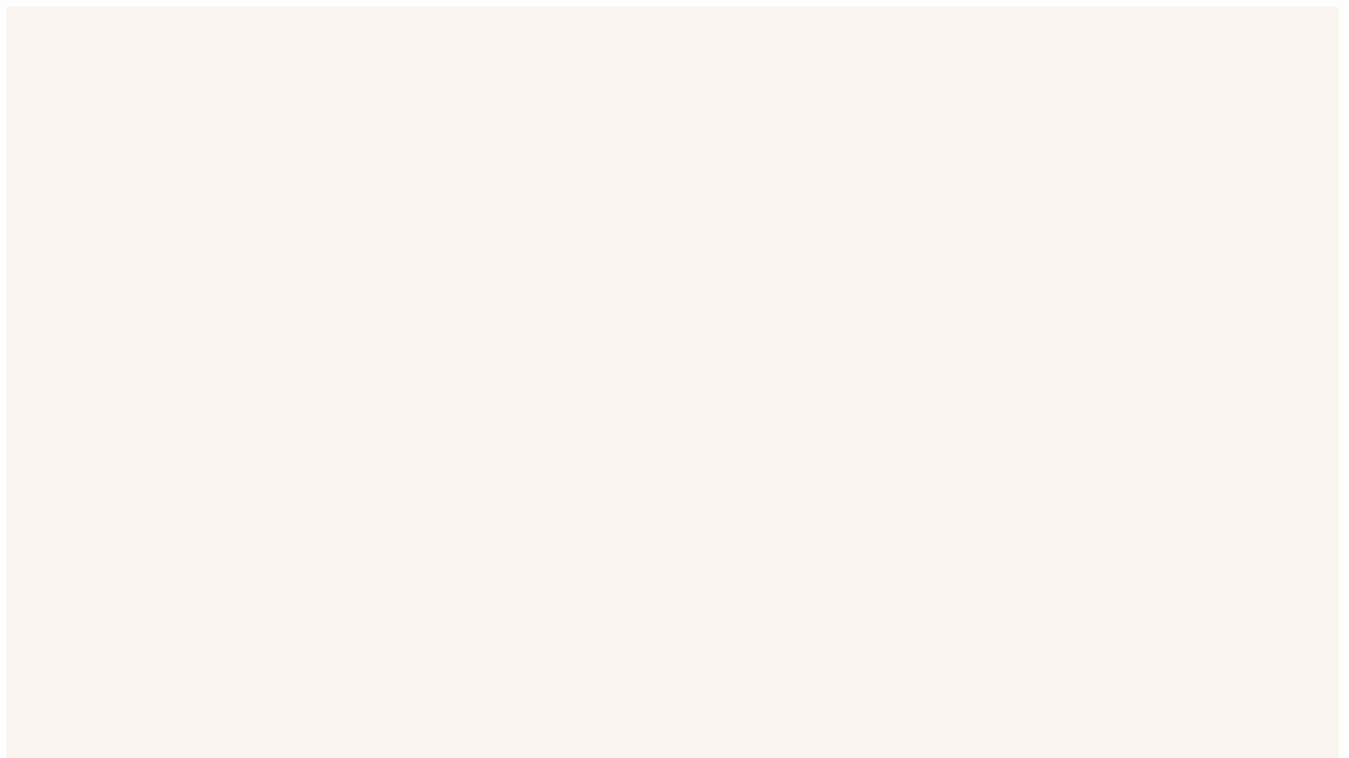


# QUESTIONS

*Take a moment to breathe into your body and ask yourself how you feel about this situation, choice or action. What is your true deep feeling?*



*If you were following your intuitive feelings and trusting in them completely, what steps would you be taking?*



# QUESTIONS

*What does trusting yourself mean to you?*

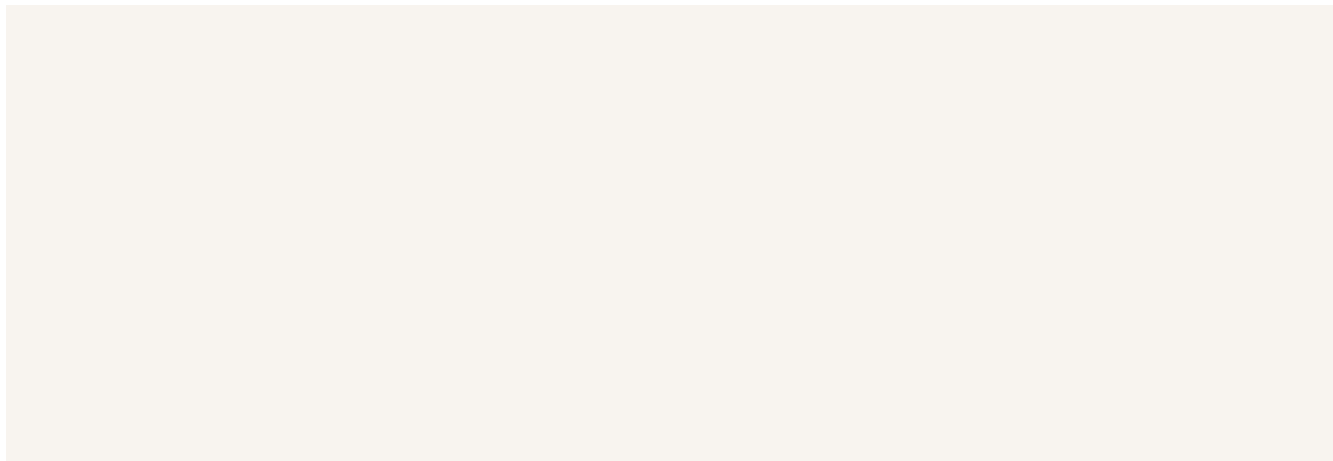
*Identify some ways that you have been weakening or breaking that trust with yourself:*

*What could you practise that would strengthen and rebuild trust in yourself?*

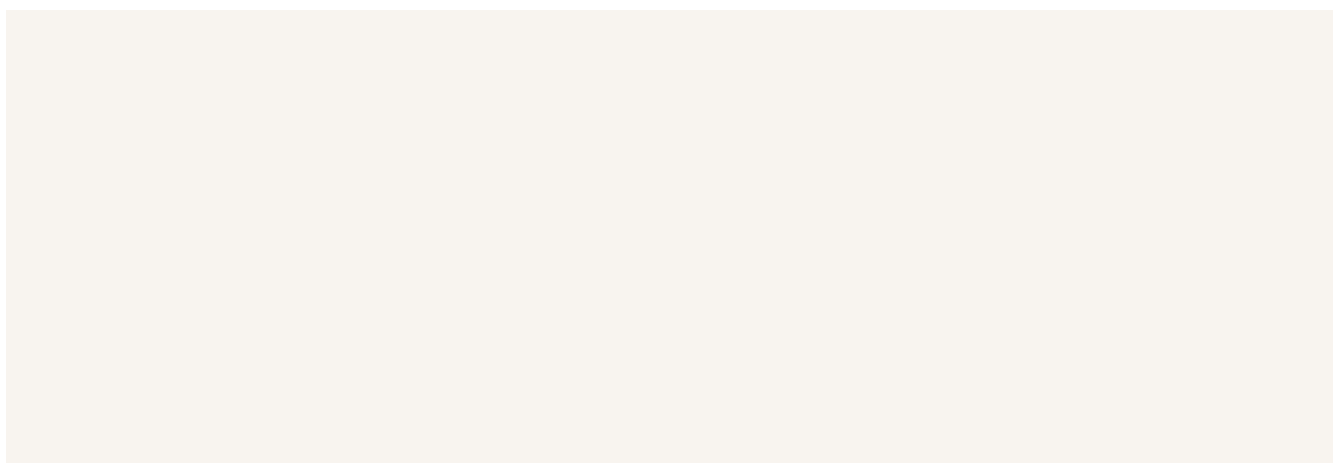


# QUESTIONS

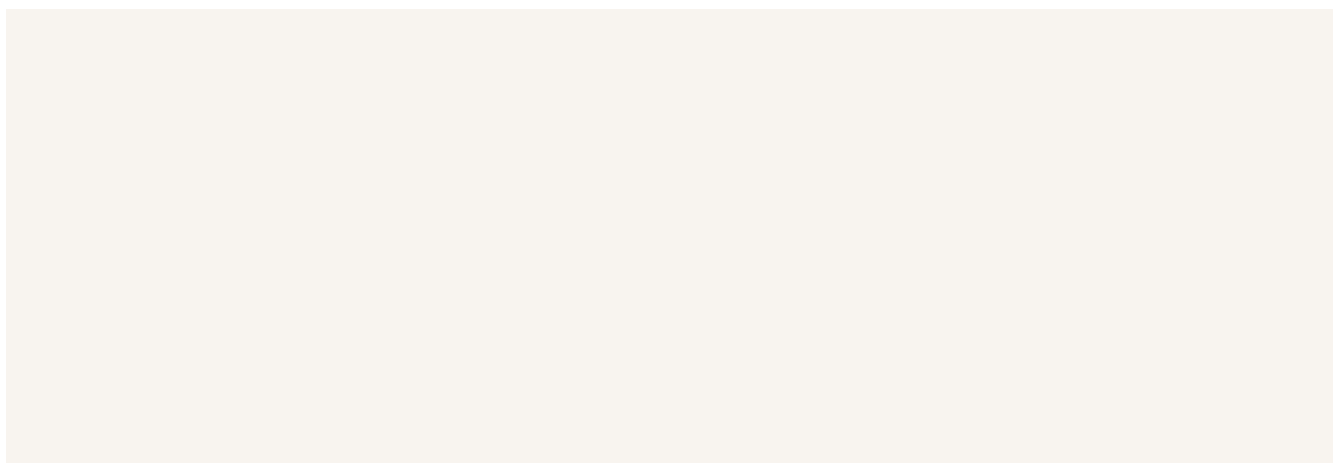
*What is one way that you would you like to trust your body more?*



*What is one way that you would you like to trust your feelings more?*

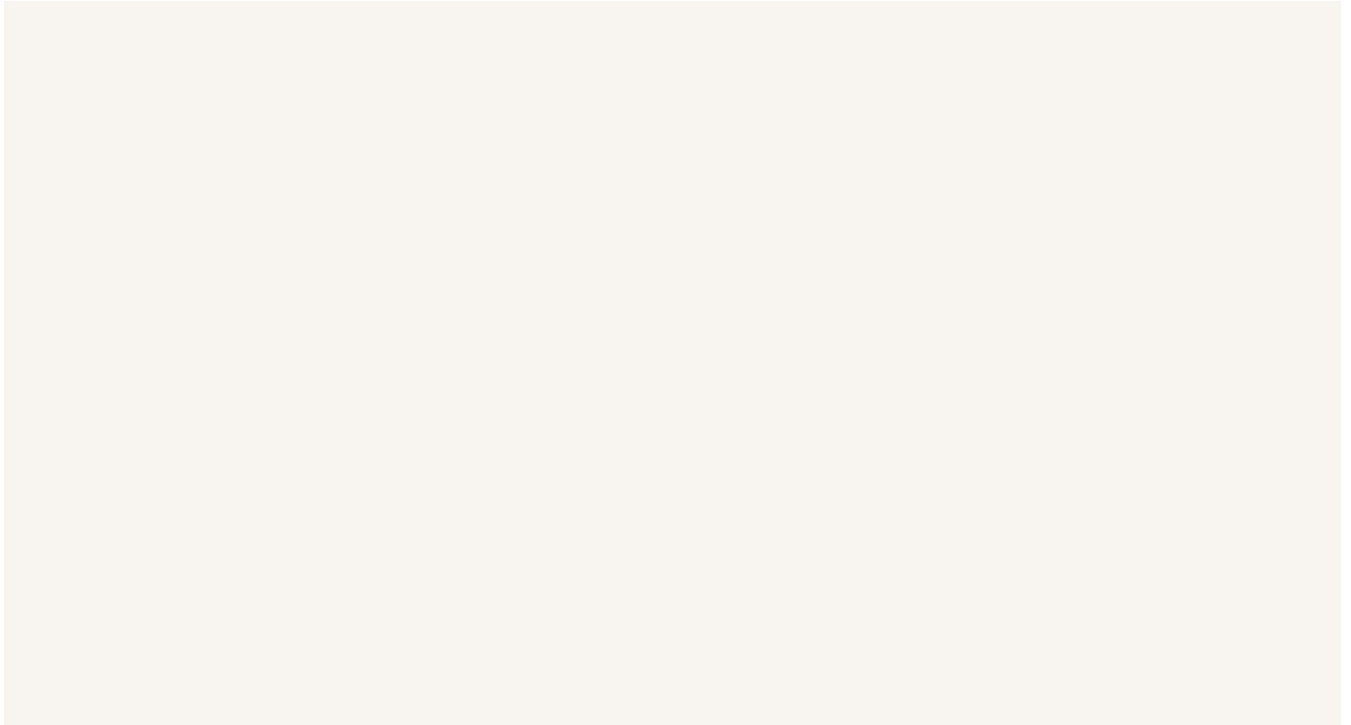


*What is one way that you would you like to trust your intuition more?*

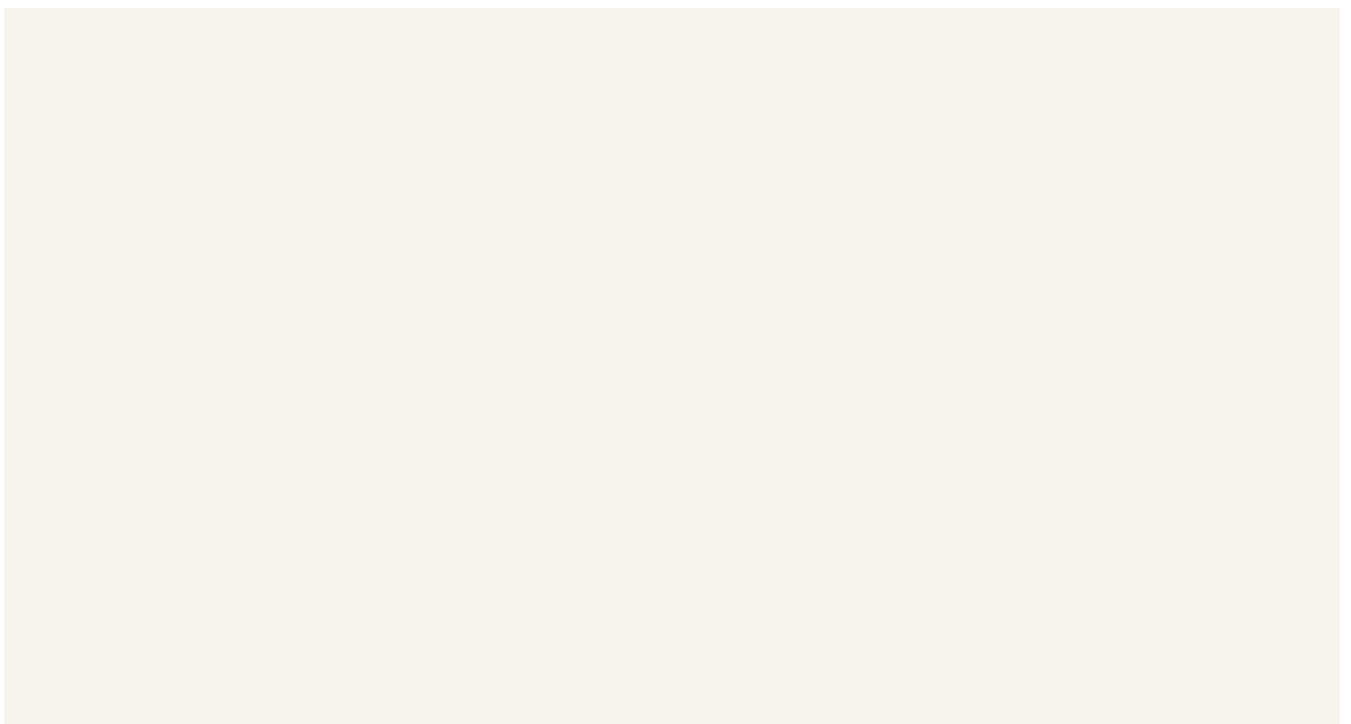


# QUESTIONS

*Imagine you can connect with your highest self. This a part of you that is pure love and light. It is a part of you that is wise, kind, supportive and encouraging. It speaks to you through your intuition and deeper feelings. Describe what you see or notice about this part of yourself:*



*What guidance does your higher self have for you?*



# 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.