

divine femme



## Integration Week

Reflect and integrate

# welcome



*Welcome to your second 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.

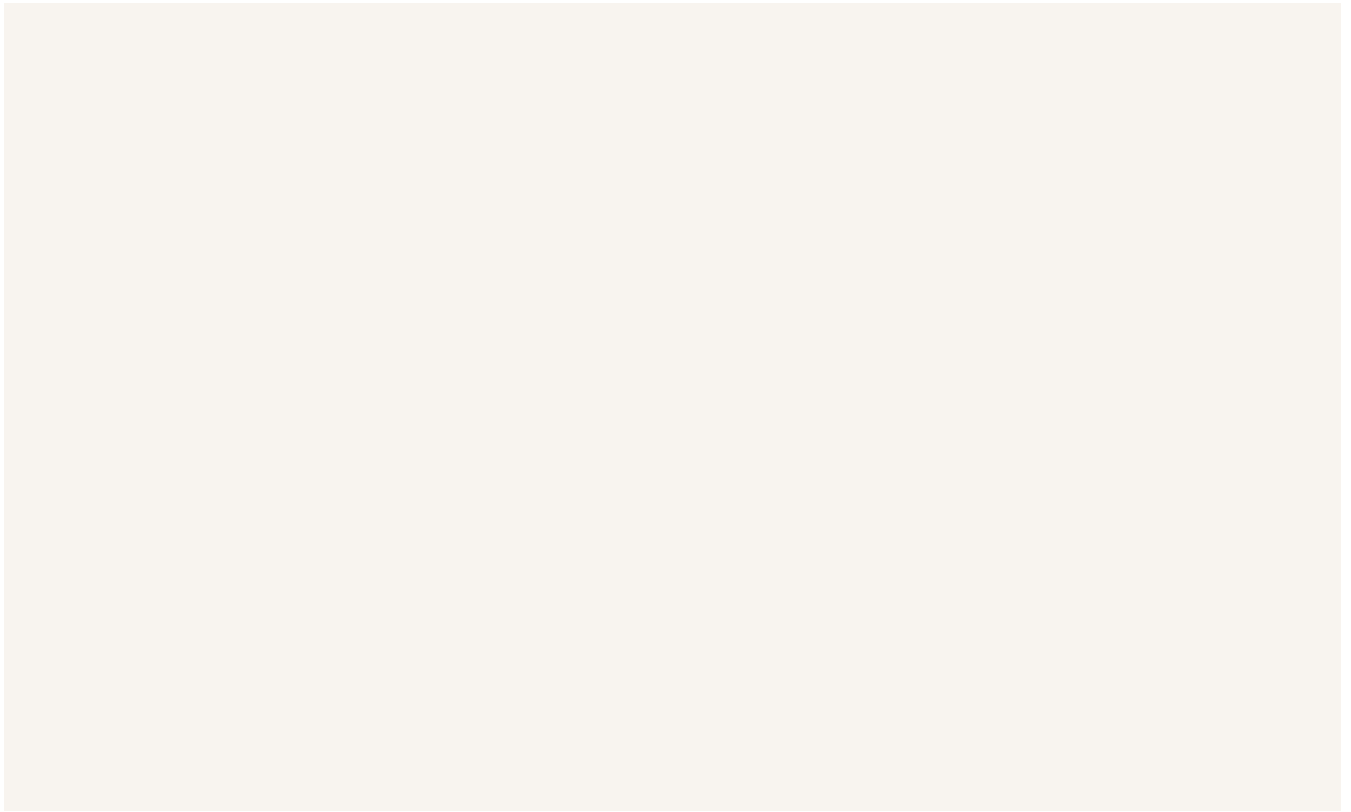
Your Integration Week is also a great time to catch up on any material you are behind in or revisit any of the classes or exercises.

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

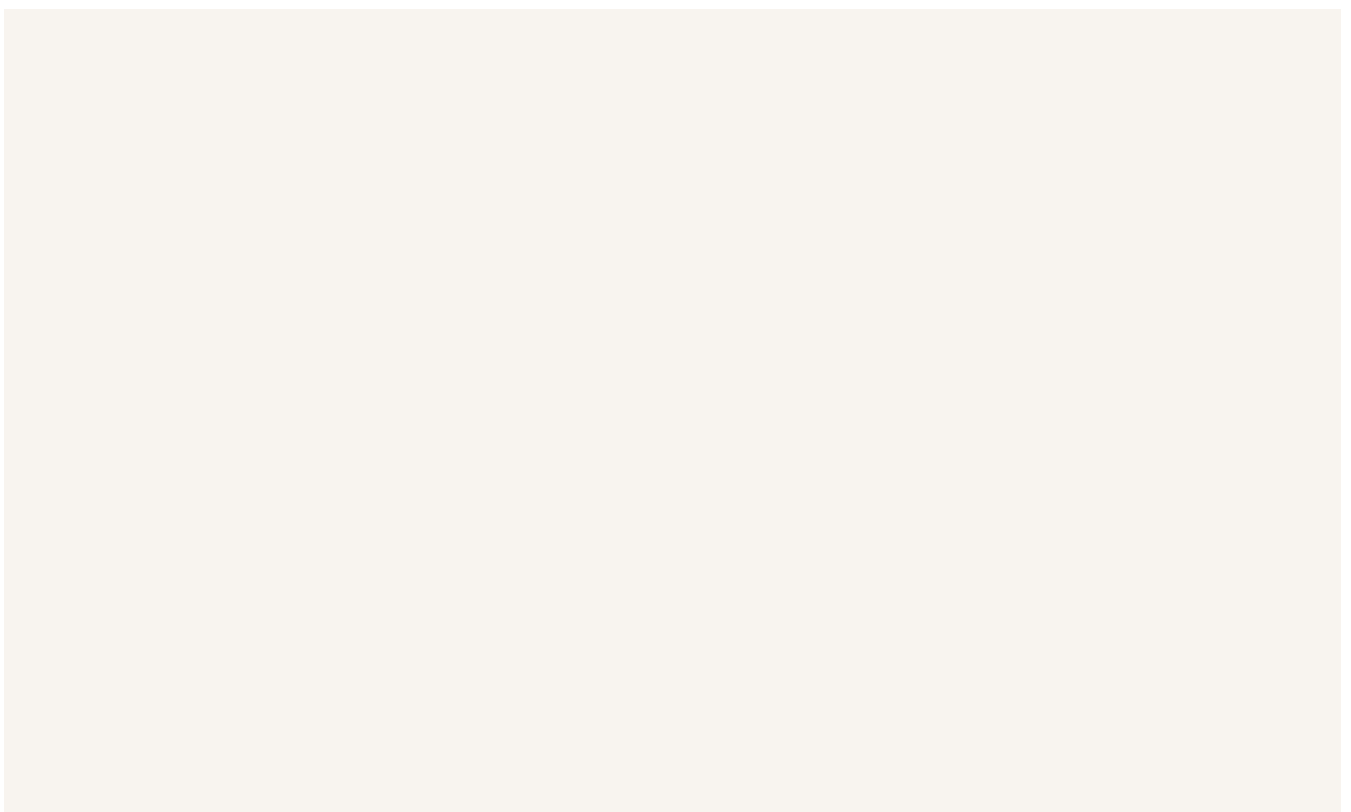
*Connie x*

# QUESTIONS

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

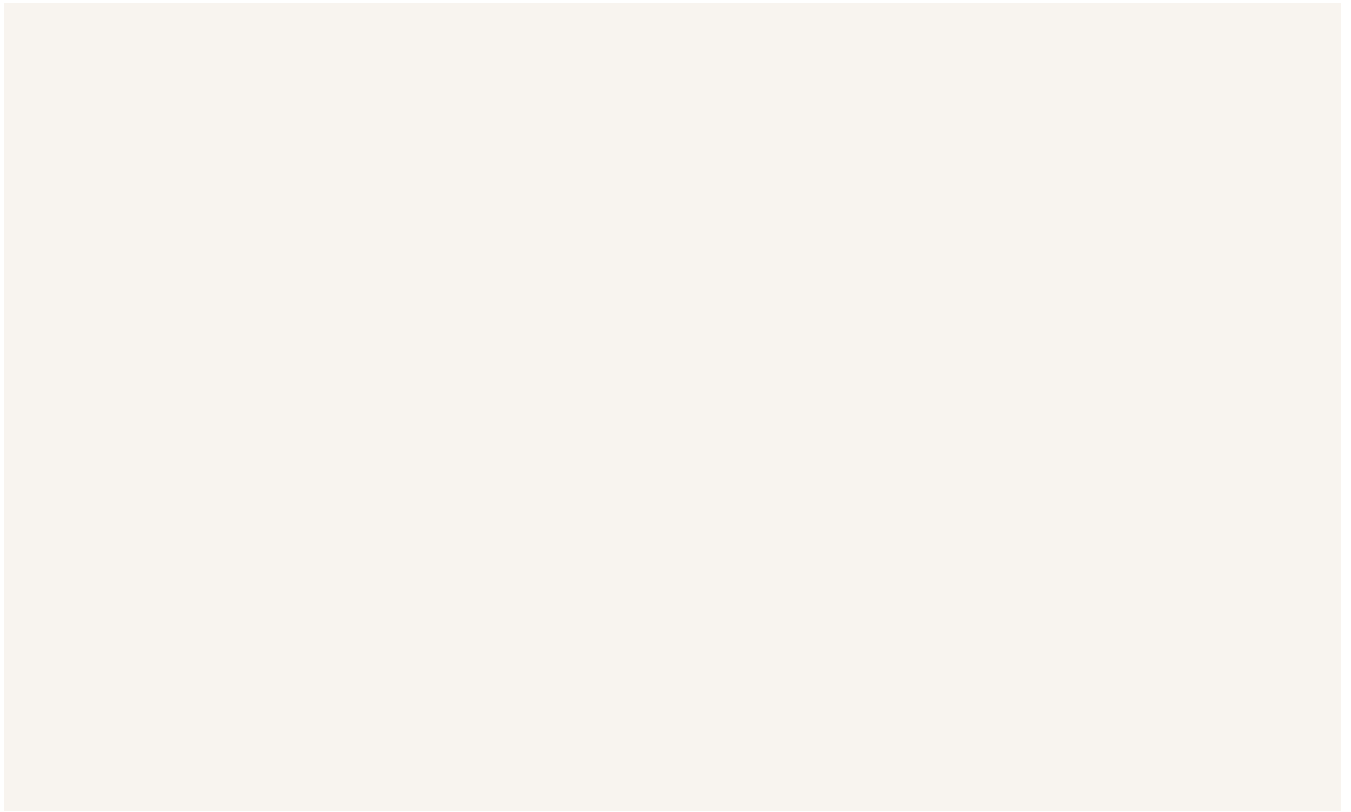


*What has been the most impactful practice that you have taken on and applied?*

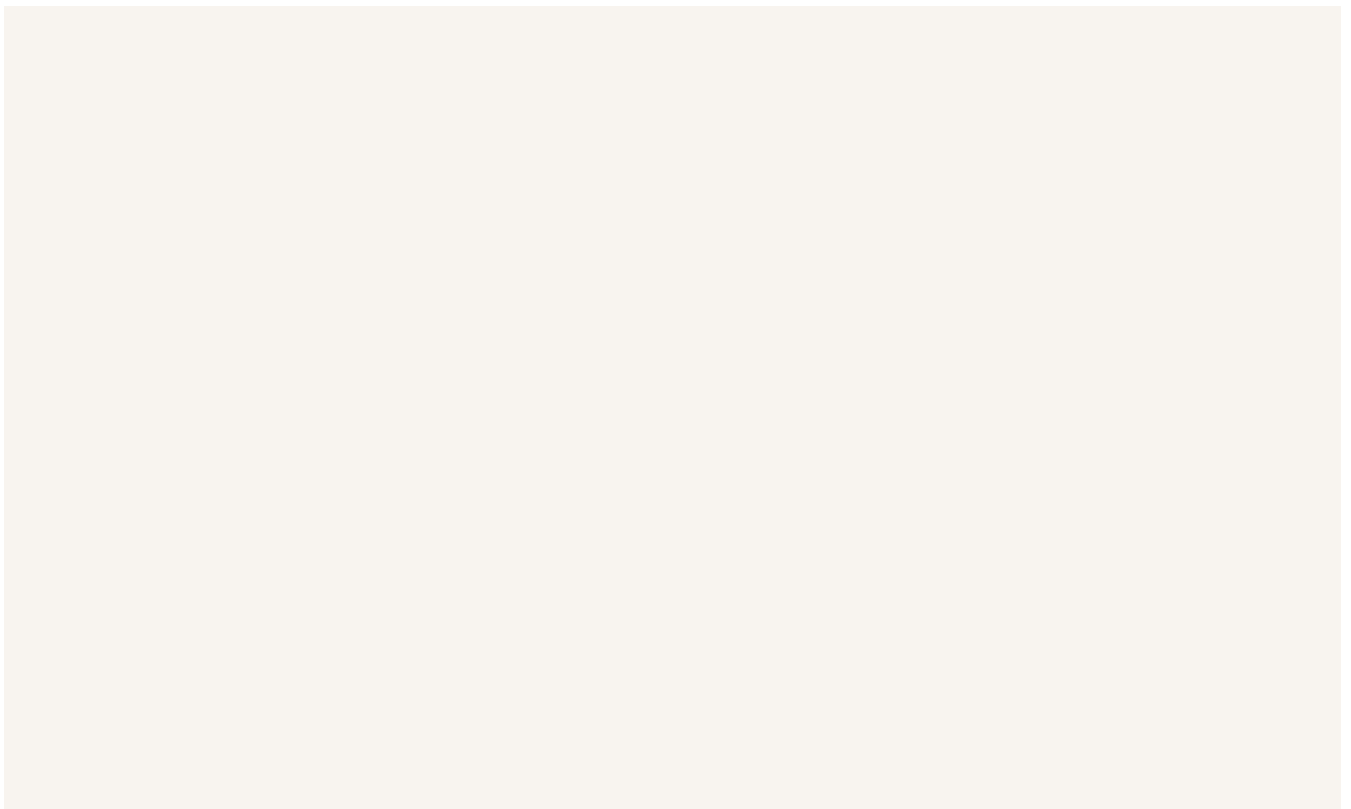


# QUESTIONS

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

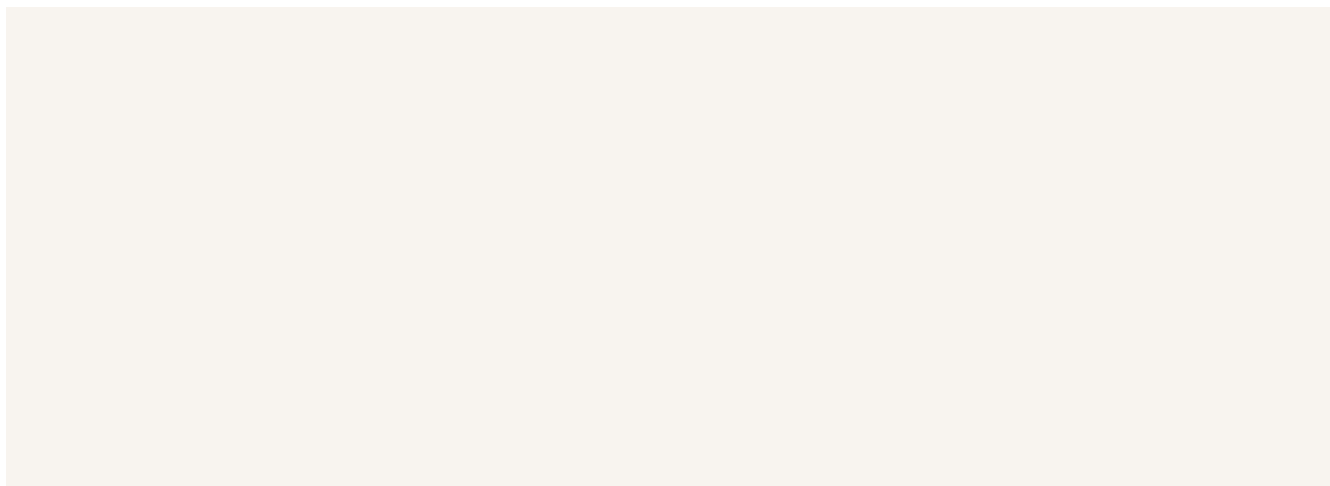


*What is the main area that still needs more focus, healing, and inner work?*

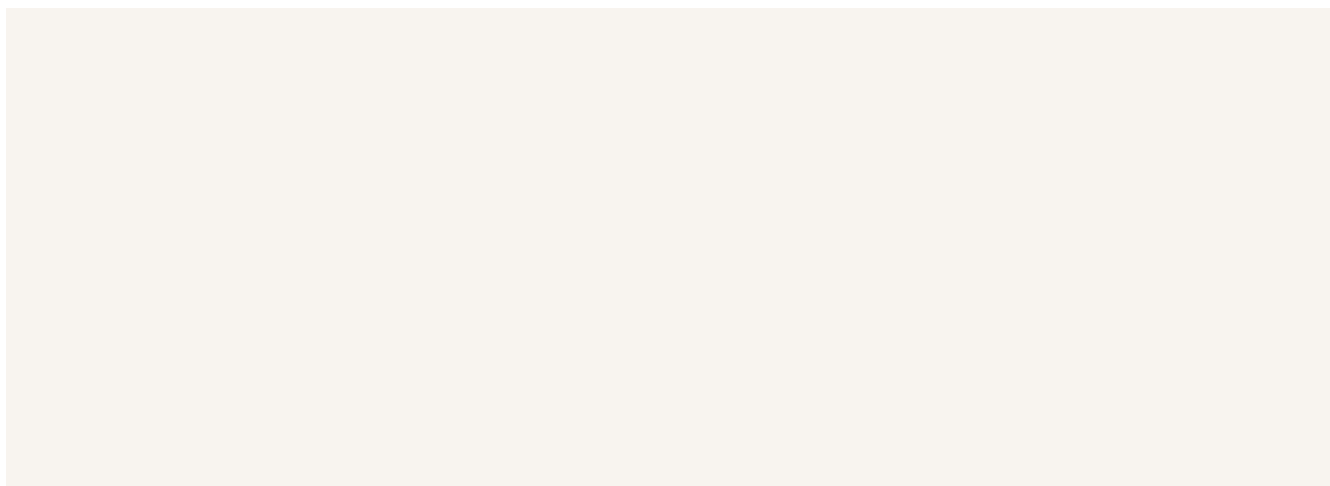


# QUESTIONS

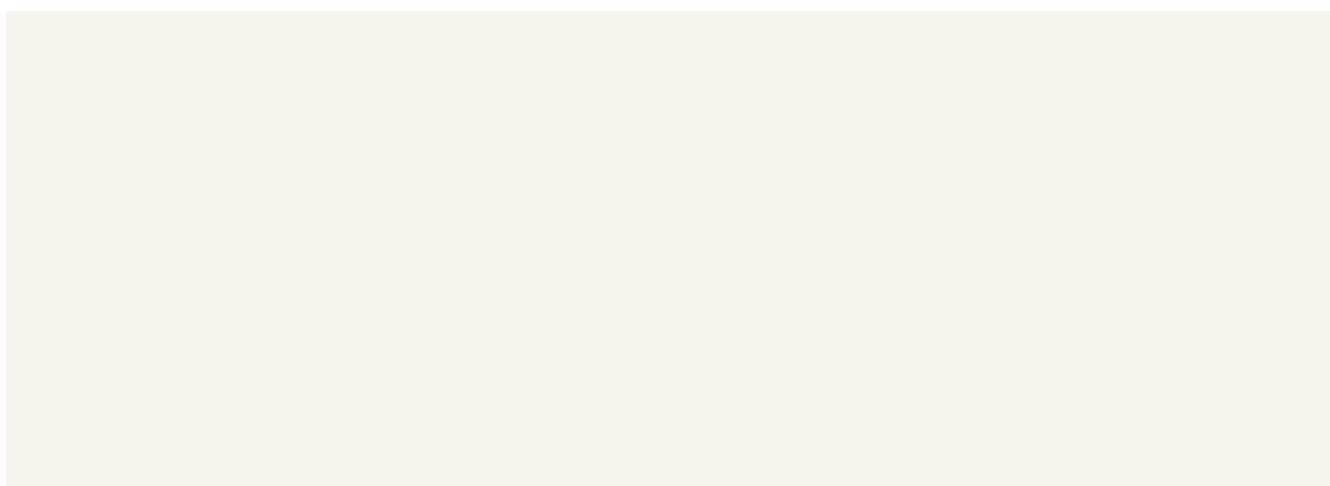
*In what ways have you brought your masculine and feminine energy into balance?*



*In what ways have you connected with your pleasure, sensuality and radiance?*

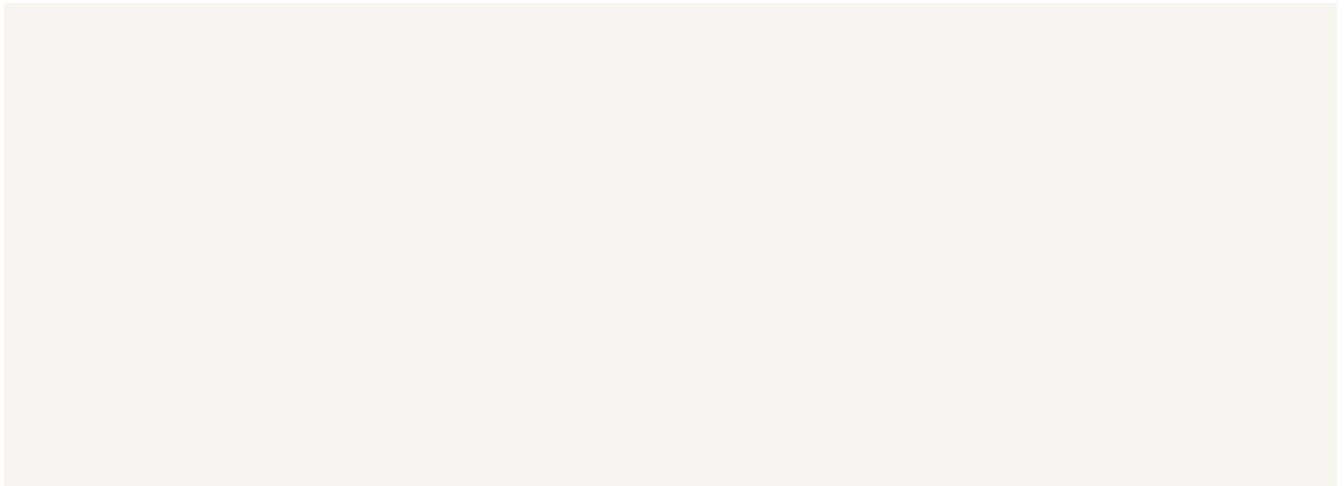


*In what ways have you become more connected to your heart and your emotions?*

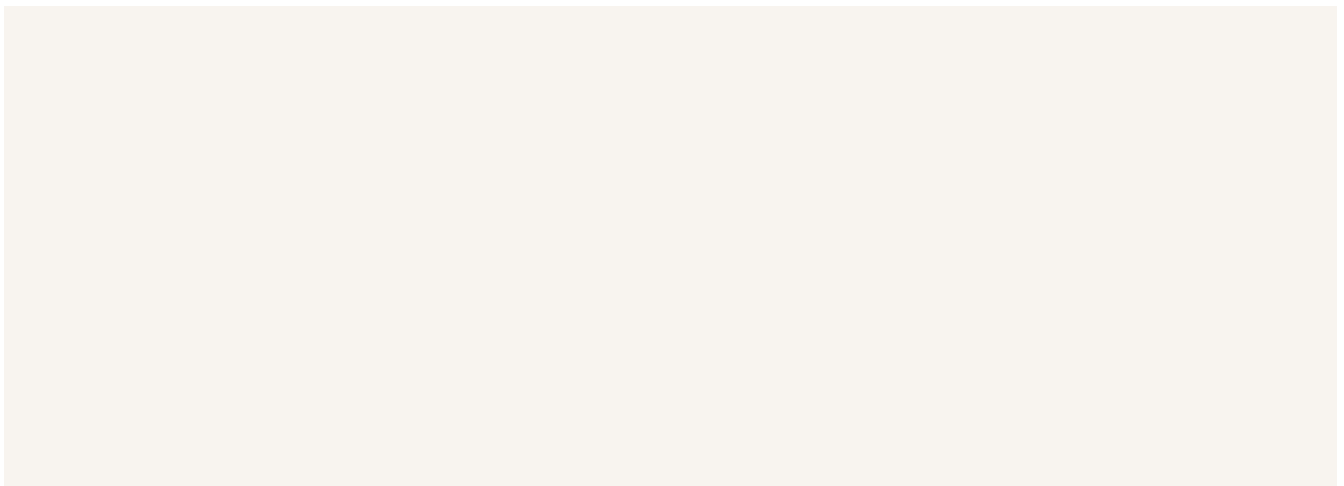


# QUESTIONS

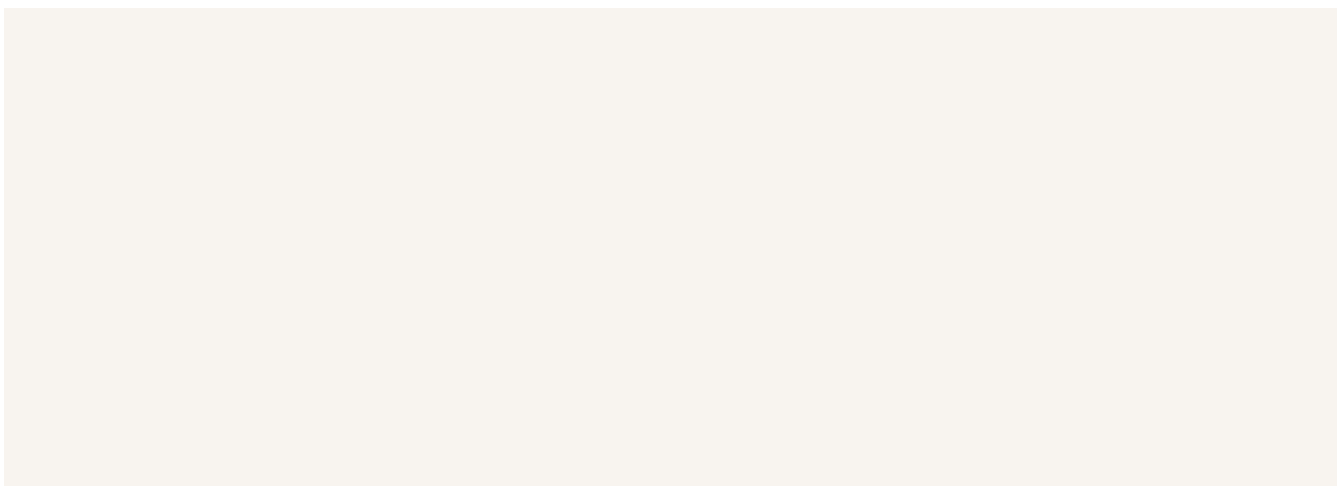
*What are you most proud of yourself for from the journey so far?*



*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.