

divine femme



## Class Eight

Honour yourself with boundaries  
and self-expression

# welcome



*Welcome to Class Eight of Divine Femme! This week we are going to be activating your power through honouring yourself, implementing boundaries and speaking your truth.*

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

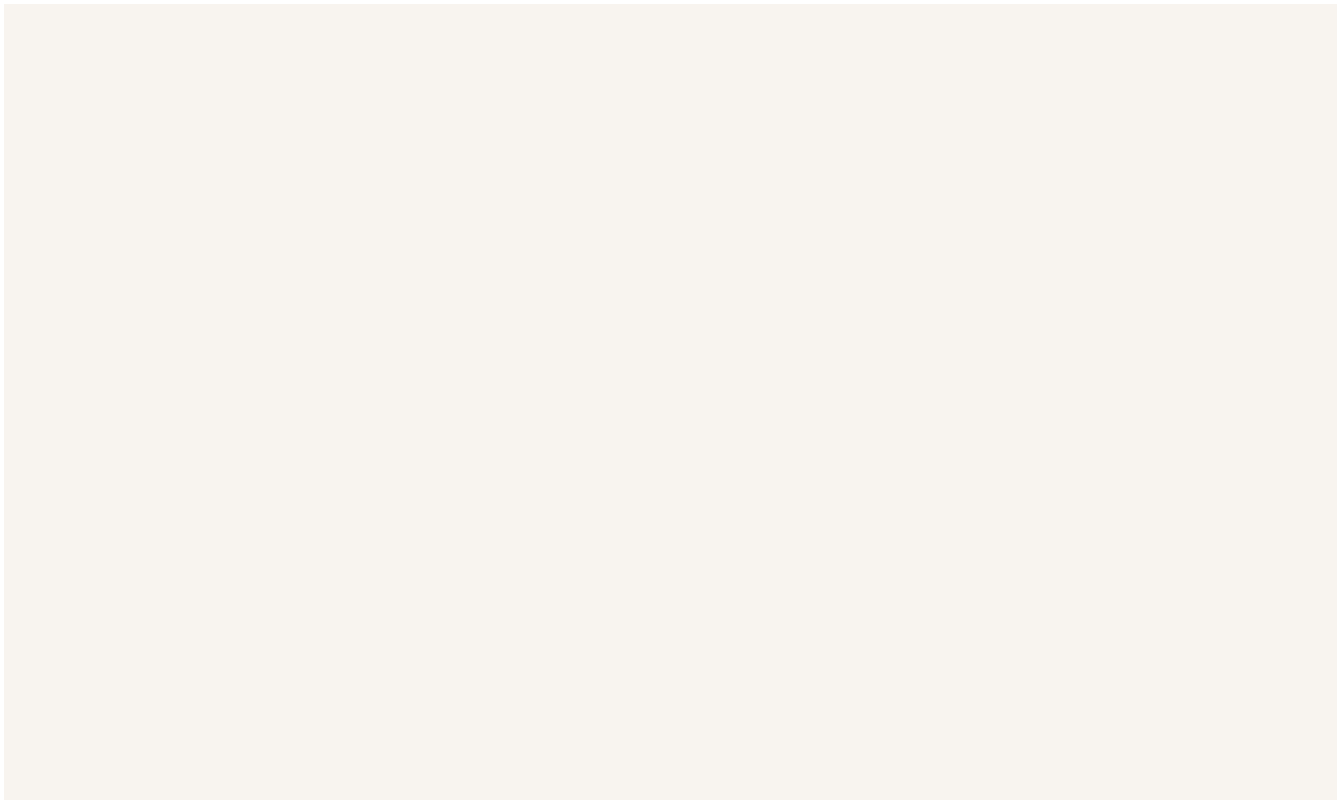
*What does living in your power mean to you?*

*How do you feel about your own power?*

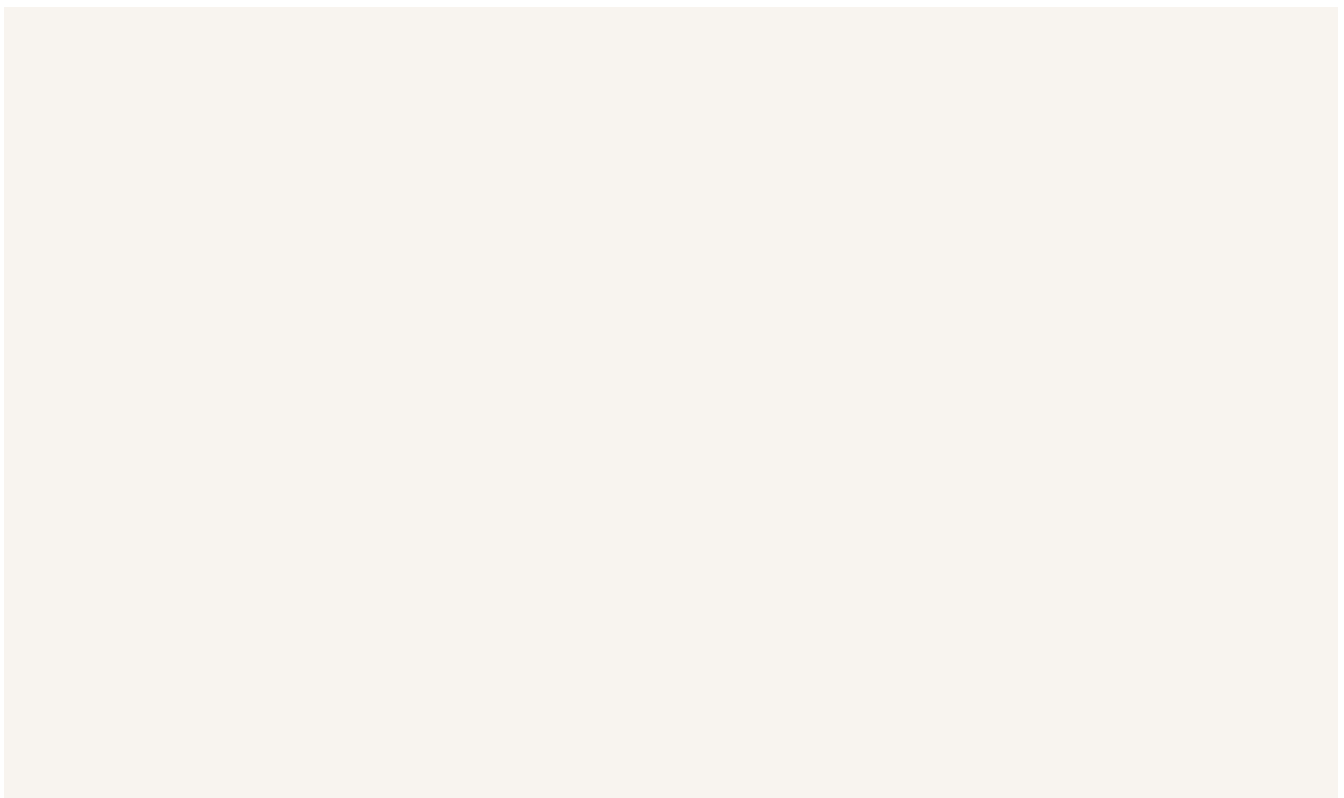
*Do you have any negative stories or fears about your power that prevents you from embodying it?*

# QUESTIONS

*Growing up as a child, what did you learn about masculine power?*



*Growing up as a child, what did you learn about feminine power?*



# QUESTIONS

*When do you feel the most empowered?*

*What does being empowered feel like in your body?*

*What helps you feel or access this power?*

# QUESTIONS

*How do you act when you feel empowered?*

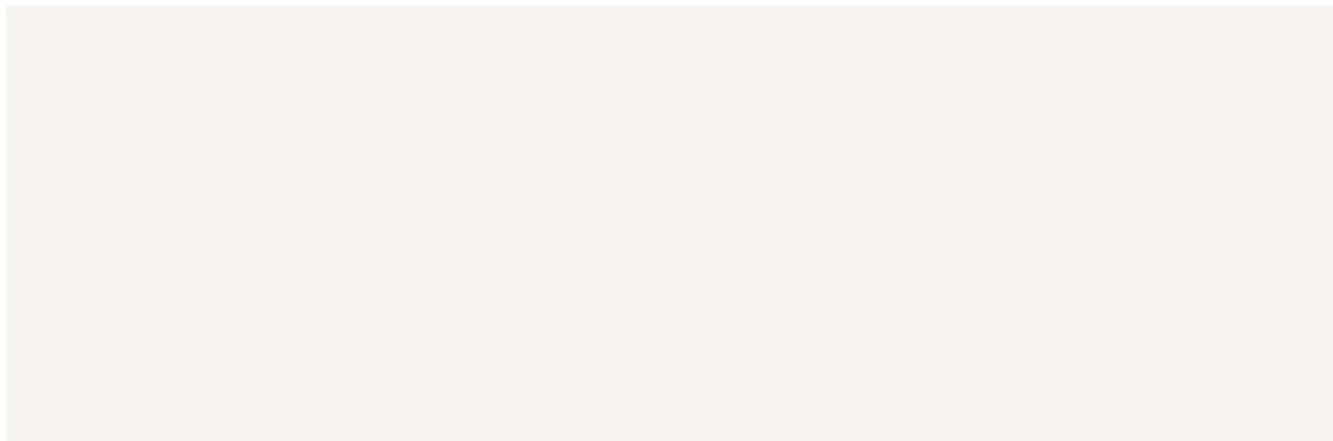
*How do you communicate when you feel empowered?*

*Is there anything different about how you move, walk or hold your body when you feel empowered?*

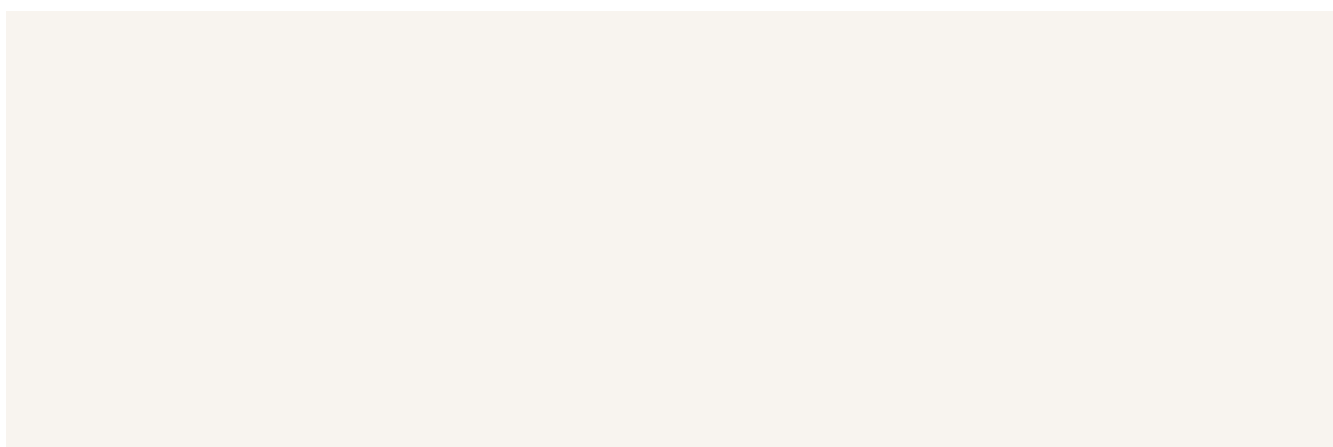
# QUESTIONS

*When you give your power away, you are ruled by external forces. When you reclaim your power, you are now guided by an inner force – your intuition and truth.*

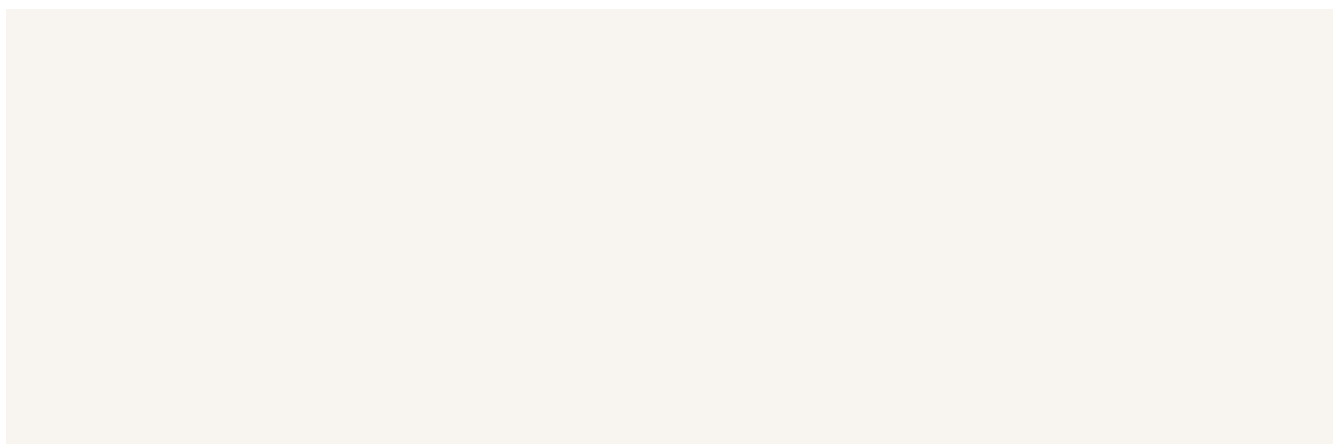
*Identify one key situation where you are giving your power away. Write it below:*



*How would it feel if this no longer had power over you?*



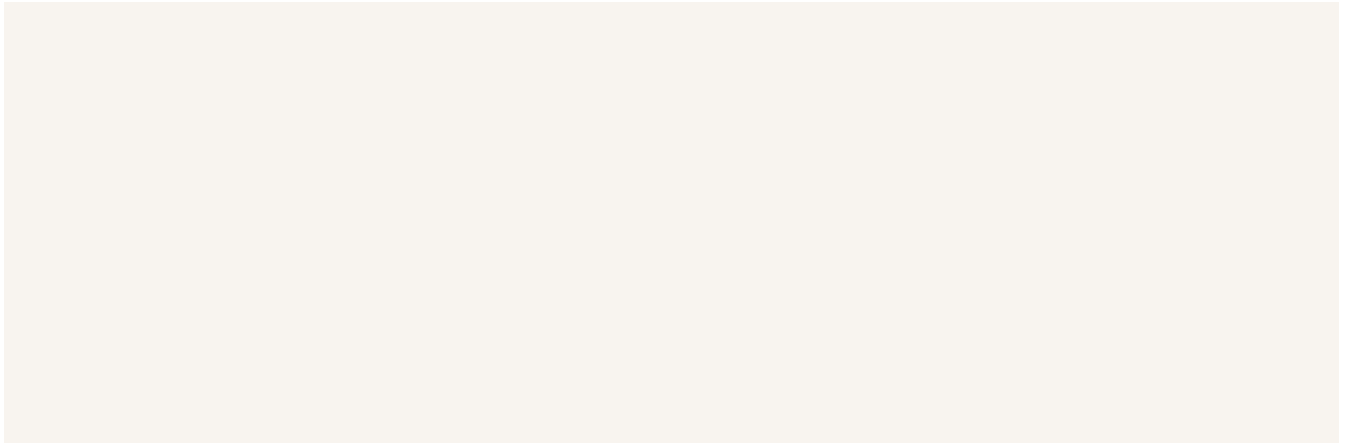
*Listen in deeply to your inner guidance around this situation. What is it telling you?*



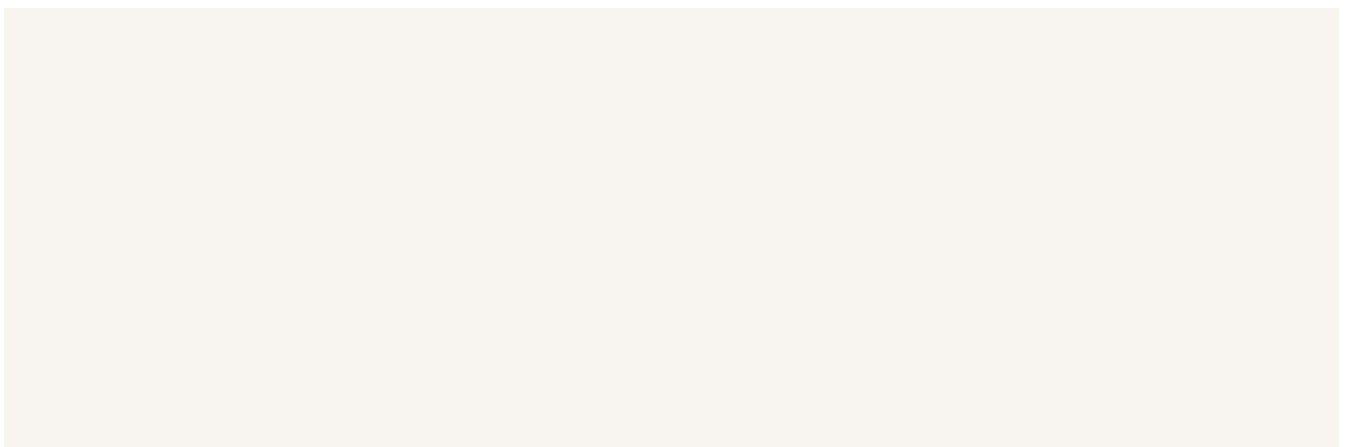
# QUESTIONS

*Identify one situation where you are feeling called to implement a new boundary at the moment.*

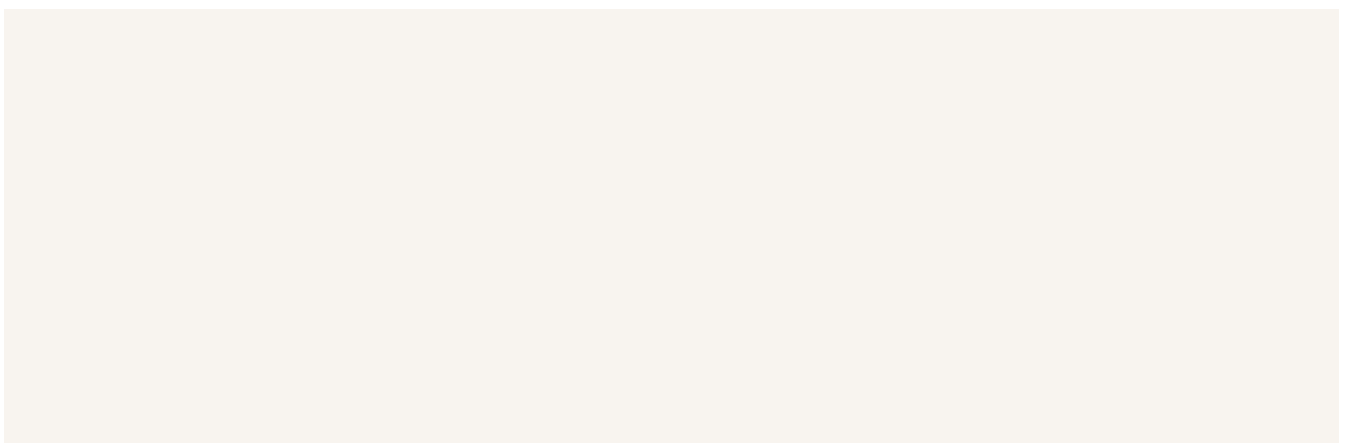
*What impact is your lack of boundaries having on you in this situation?*



*Describe the new boundary you want to create:*



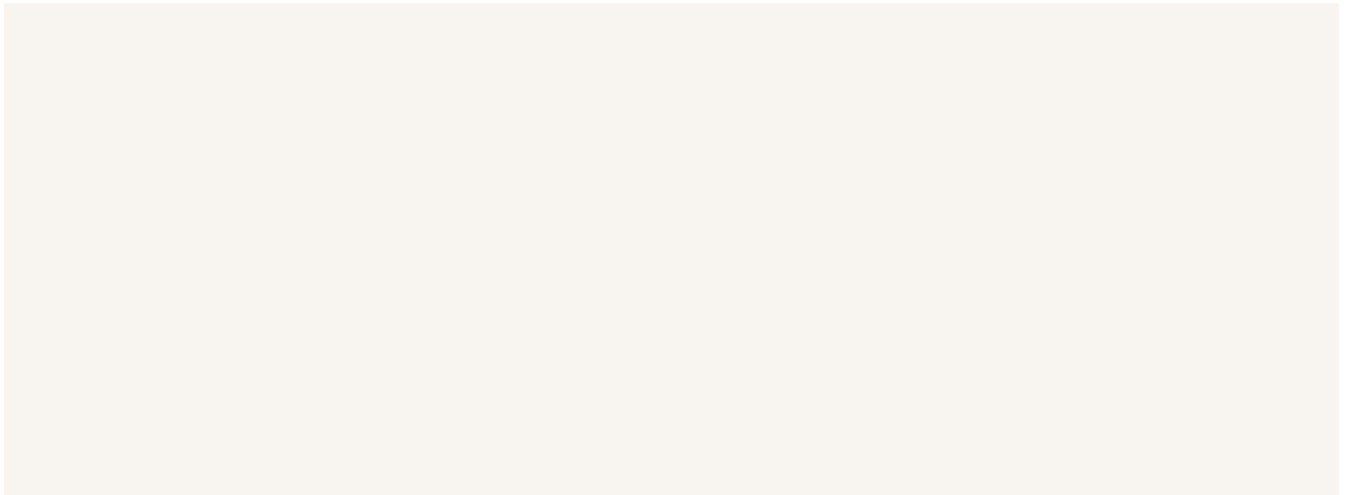
*How will you implement this boundary?*



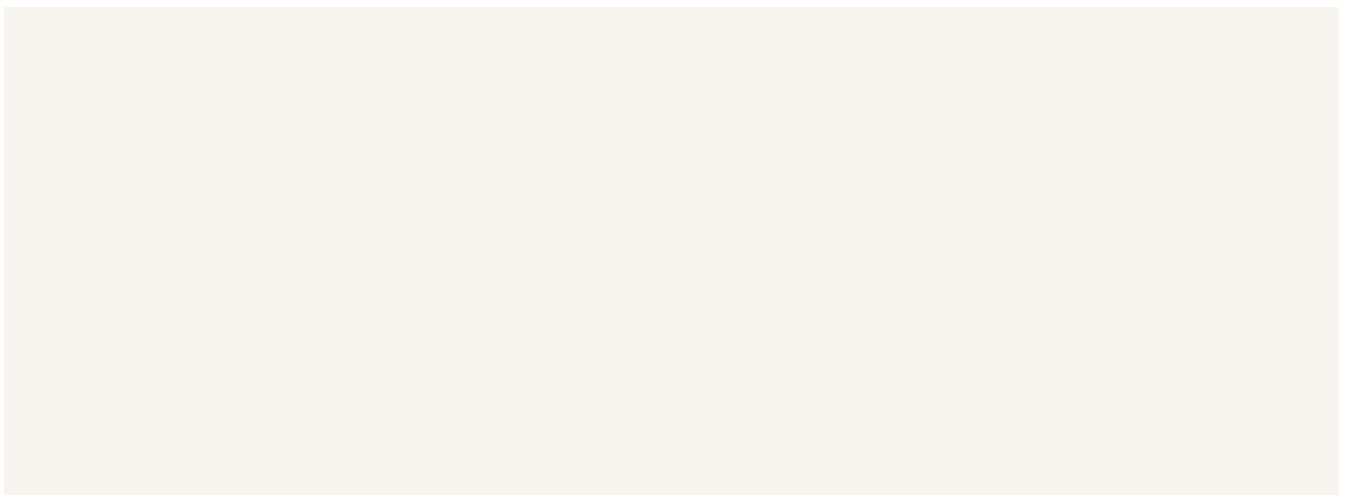


# QUESTIONS

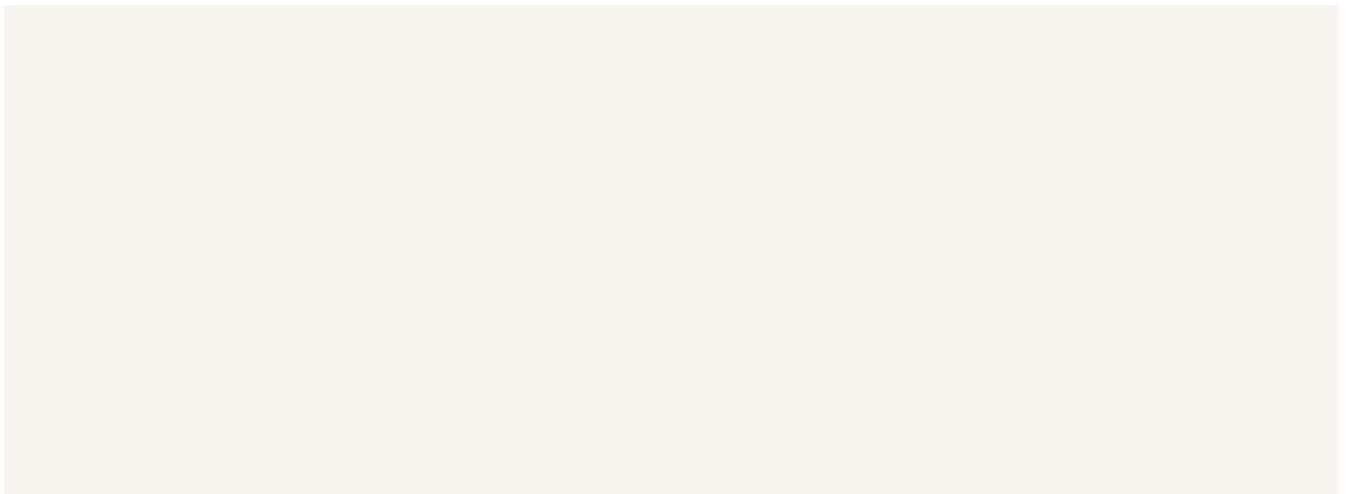
*Identify one area where you have been holding back from expressing your truth:*



*Why are you afraid to express your truth or have this conversation?*

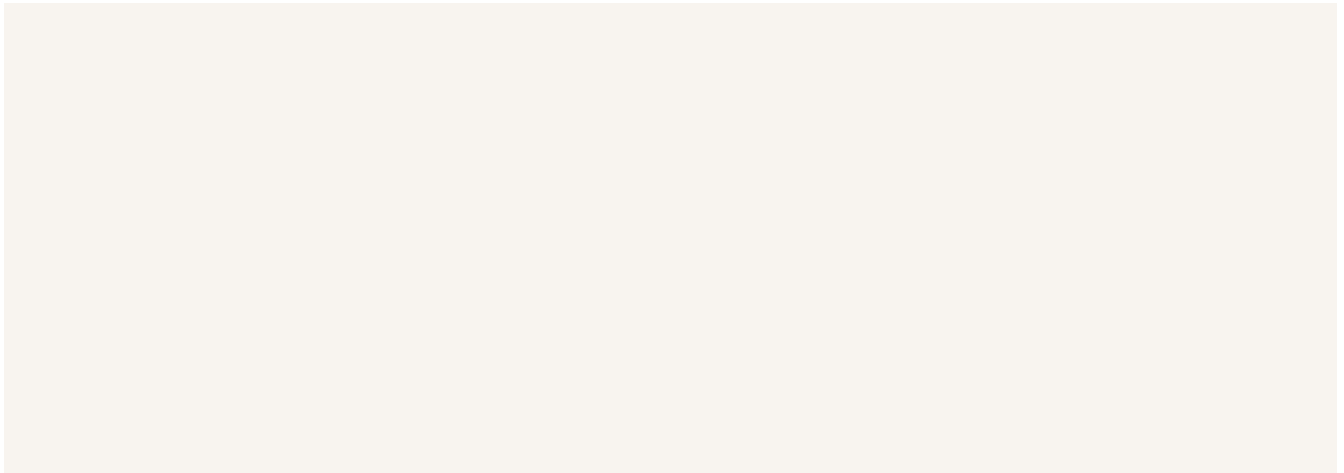


*Why does expressing your truth feel important at this time?*

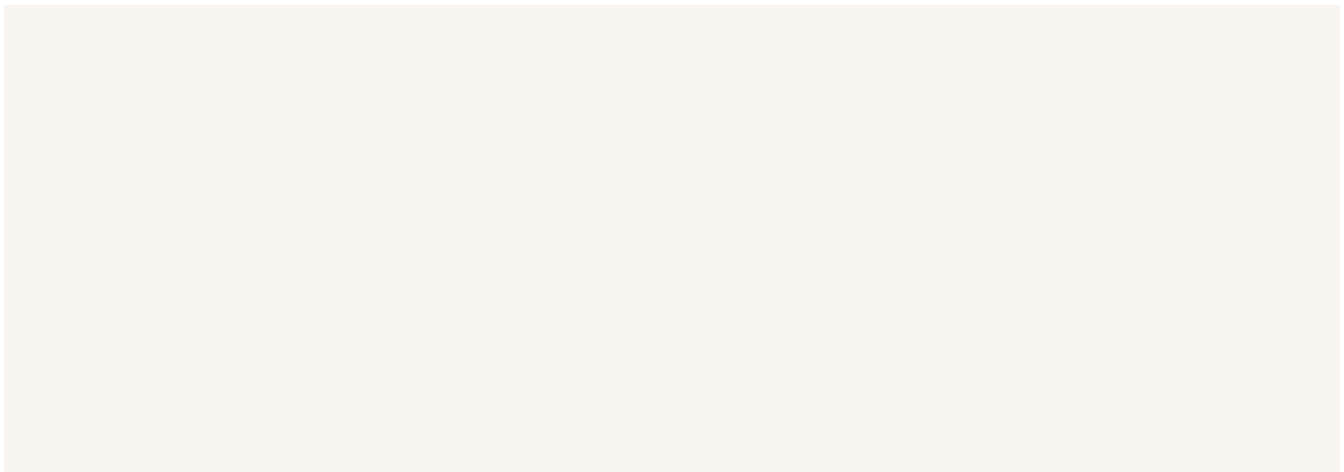


# QUESTIONS

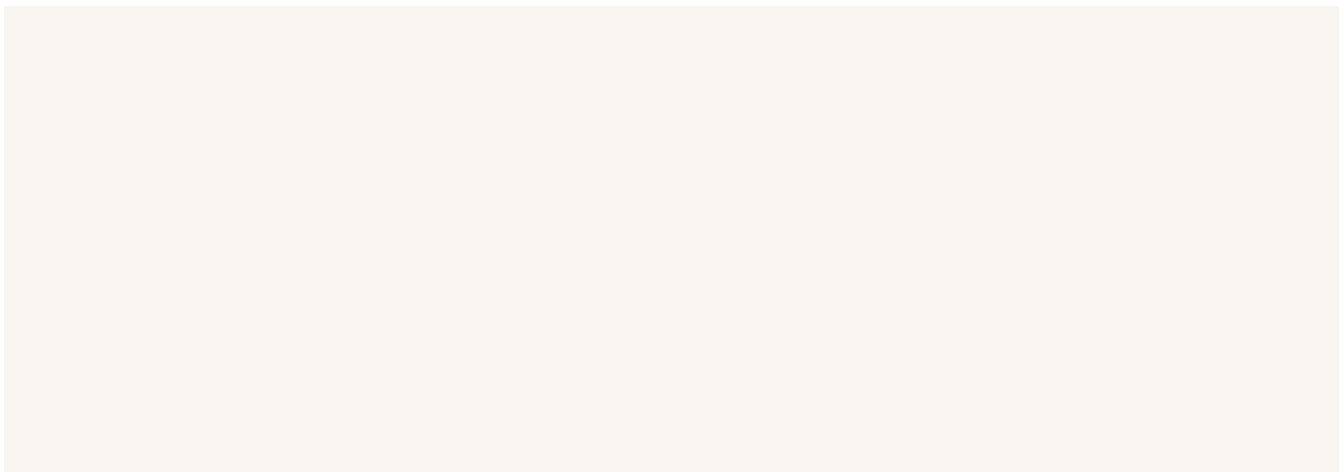
*What are some of the key points you are wanting to express in this conversation?*



*How can you come from your heart and/or love with this?*



*What outcome are you ideally wanting to experience through expressing yourself?*



# 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.