

divine femme



Class Nine

Receive your desires by
embodying feminine magnetism

welcome



Welcome to Class Nine of Divine Femme! This week we are going to be working on calling in your desires by bringing your energy into alignment and activating your feminine magnetism.

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.

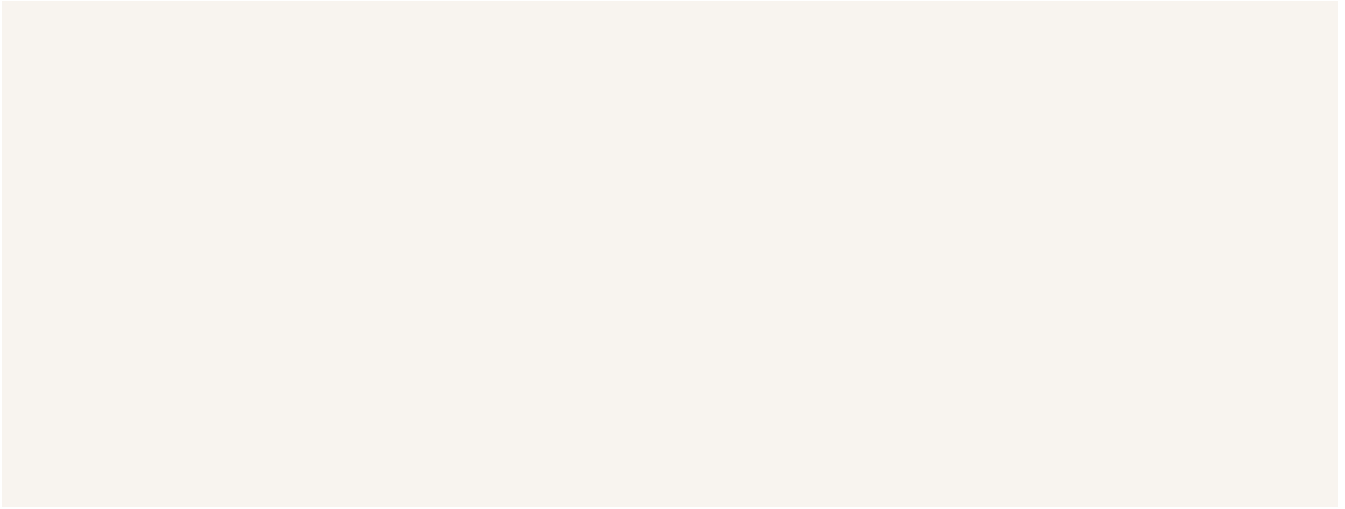
You can type directly into this workbook or print it out and handwrite your responses.

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

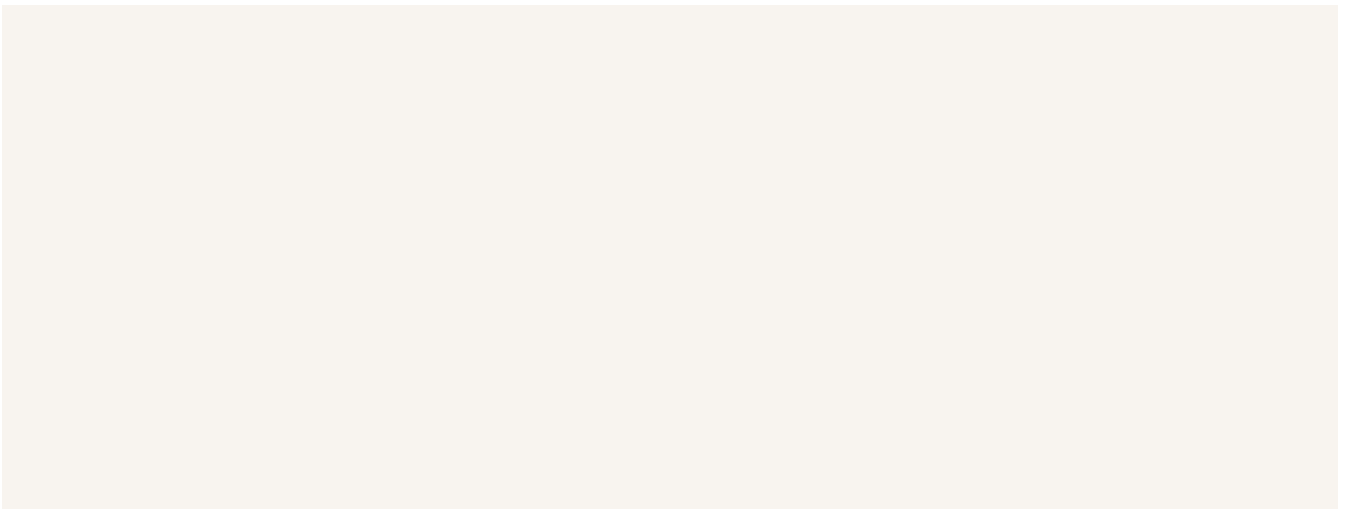
Connie x

QUESTIONS

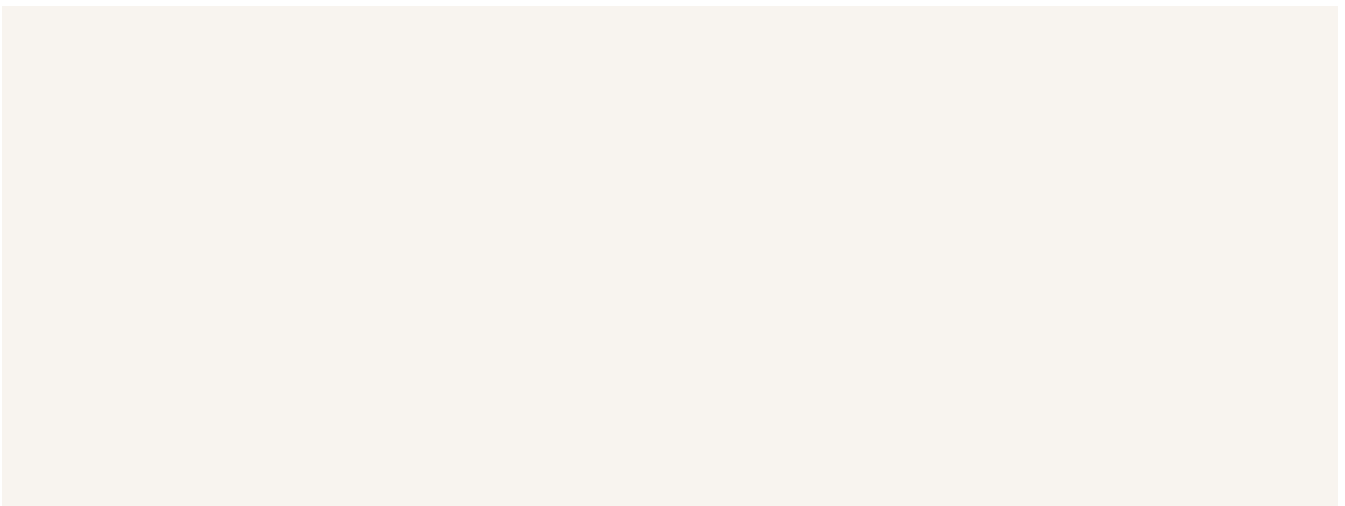
What is one key feeling that you want to feel more of?



What do you experience in your body when you are feeling this feeling?

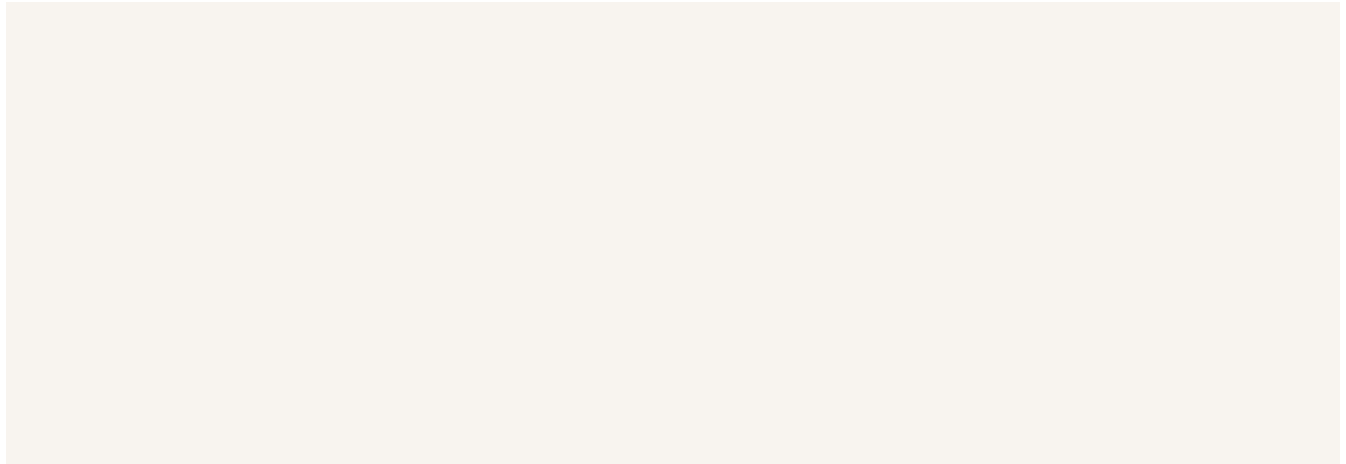


List 3-5 things that you know help you feel this feeling or emotion:

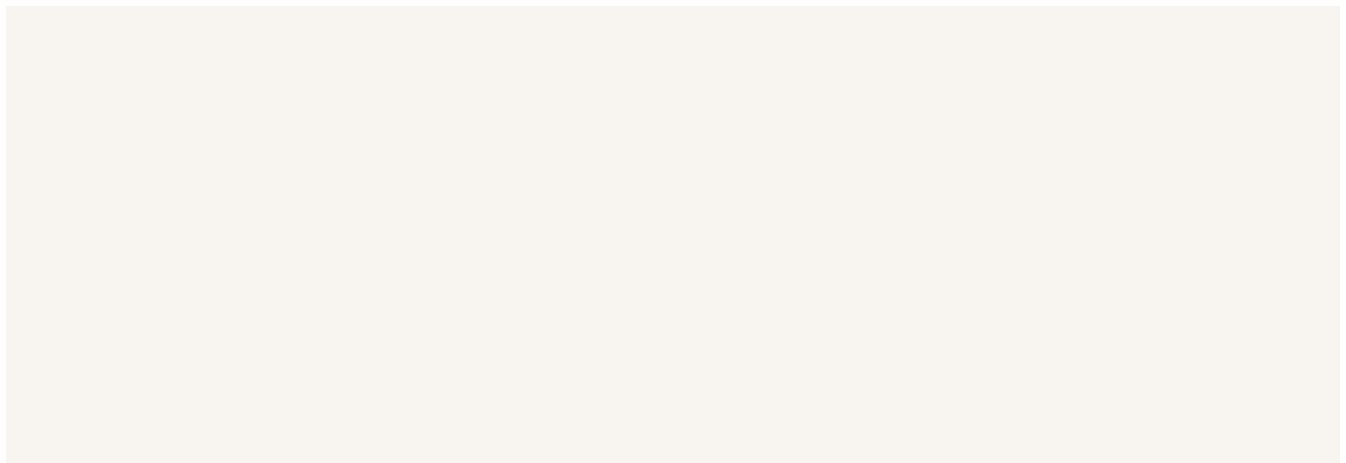


QUESTIONS

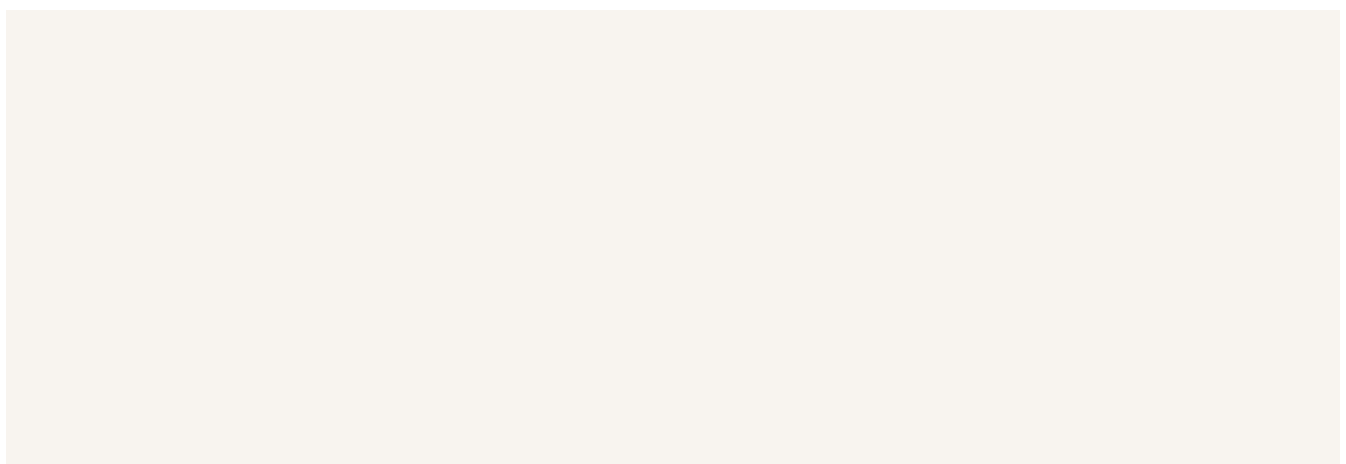
What is one situation where you often feel low vibration emotions such as sadness, guilt, anger, depression, lack, limitation, powerlessness or worthlessness?



What is the inner story you tell yourself about this situation and what is it you focus on that contributes to these feelings?



How would you like to be able to feel in this situation?



QUESTIONS

Explore what changes could you create in yourself to help you feel this way.

What change could you make to the story you are telling yourself?

What change could you make to what you are focusing on?

How could you shift your perspective to see the positives, the learnings or the hidden blessings in this situation?

QUESTIONS

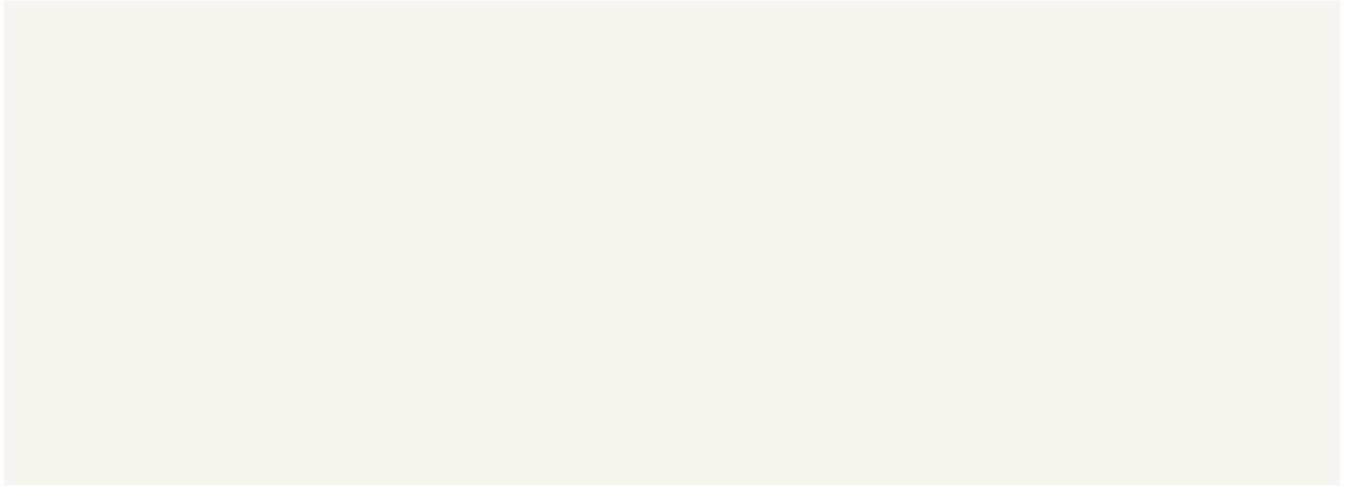
How would you describe what alignment feels like to you?

What brings you into alignment?

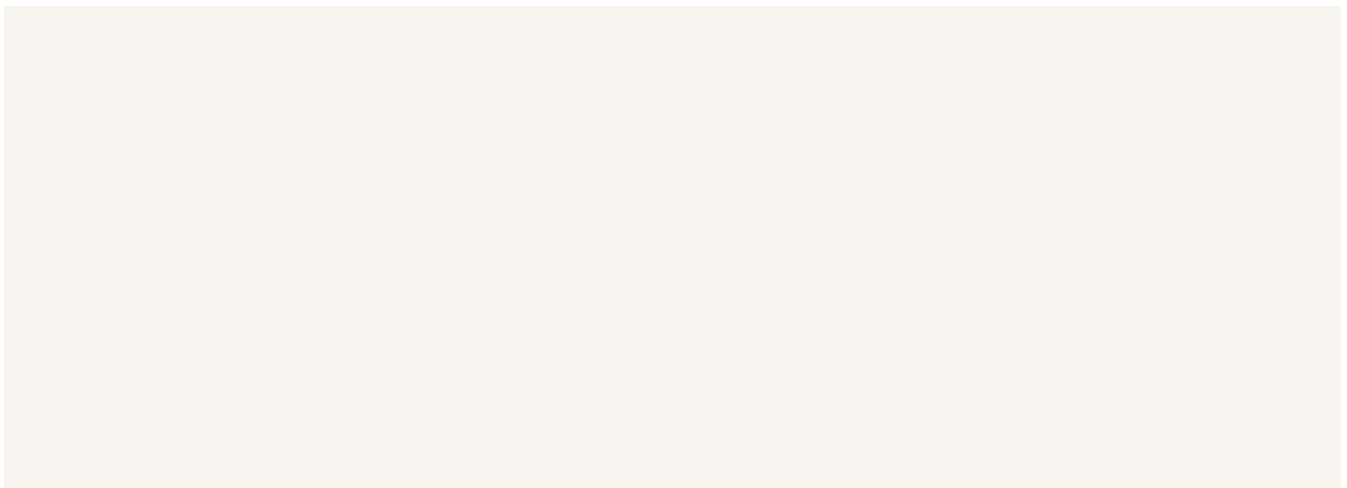
Where do you feel in alignment in your life right now? Think of anything you can, no matter how small. How does this alignment feel?

QUESTIONS

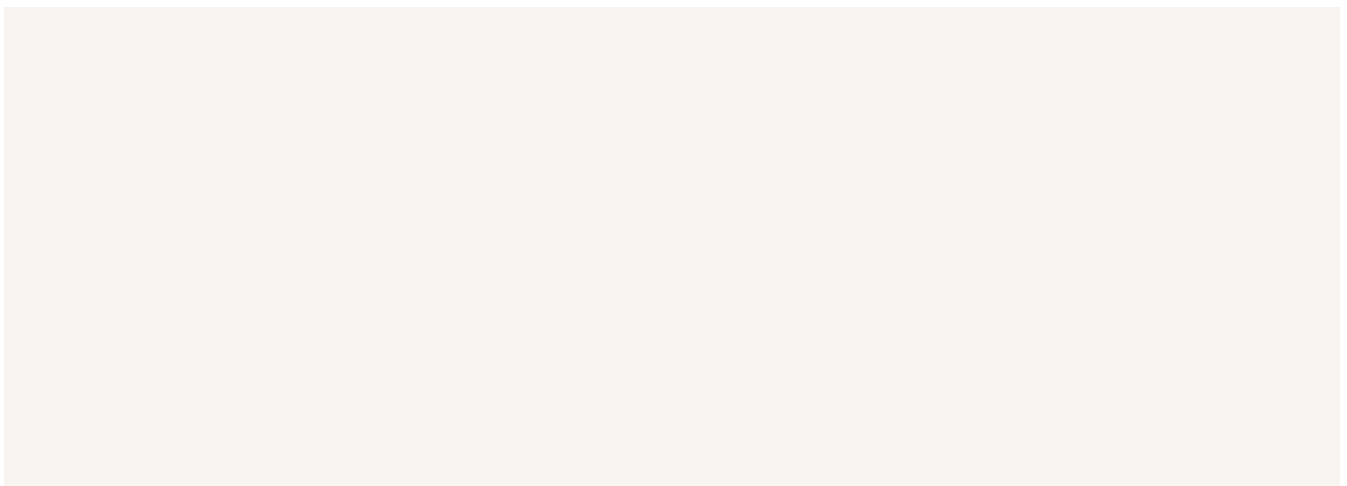
Identify something that you want to create or manifest:



Is there an energy of lack or need attached to this desire in any way?



Is there any doubt in your mind about your ability to create or manifest this?



QUESTIONS

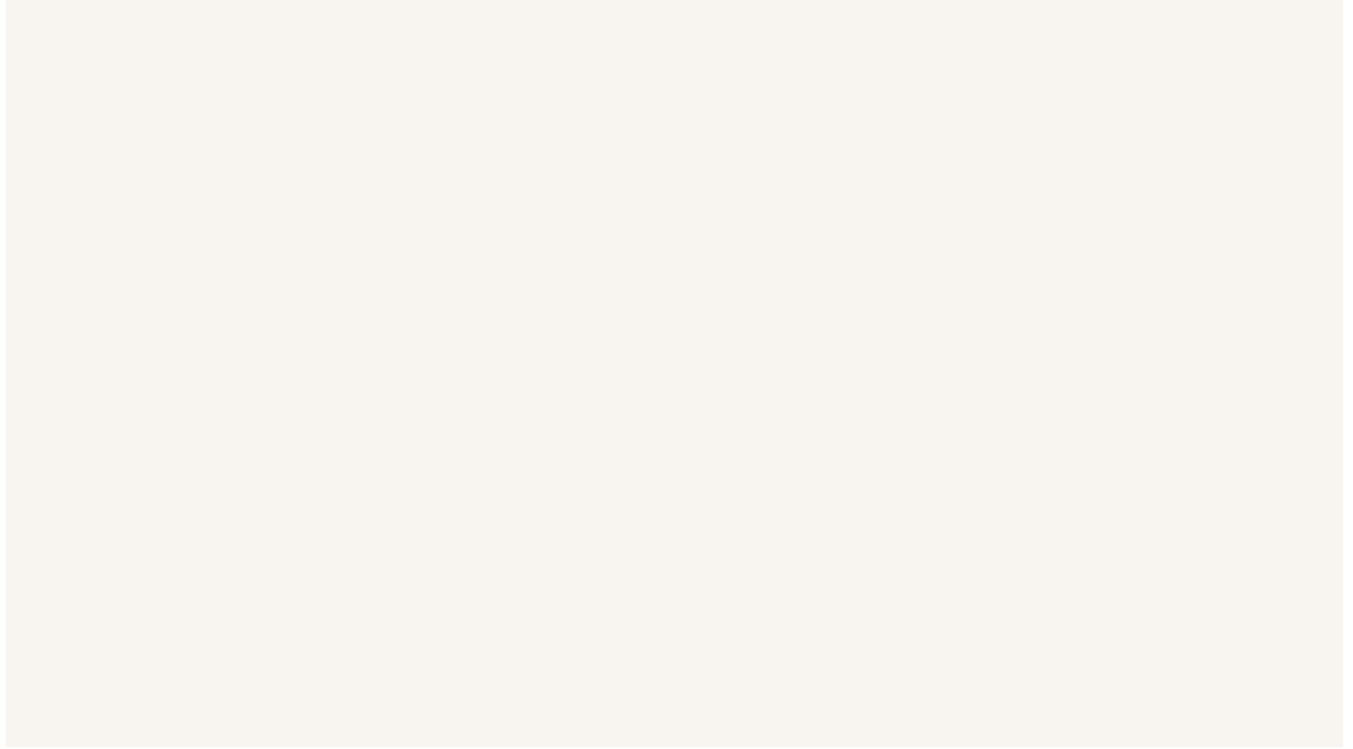
Why do you believe that you are worthy and deserving of this desire?

Why do you believe it is possible to have this?

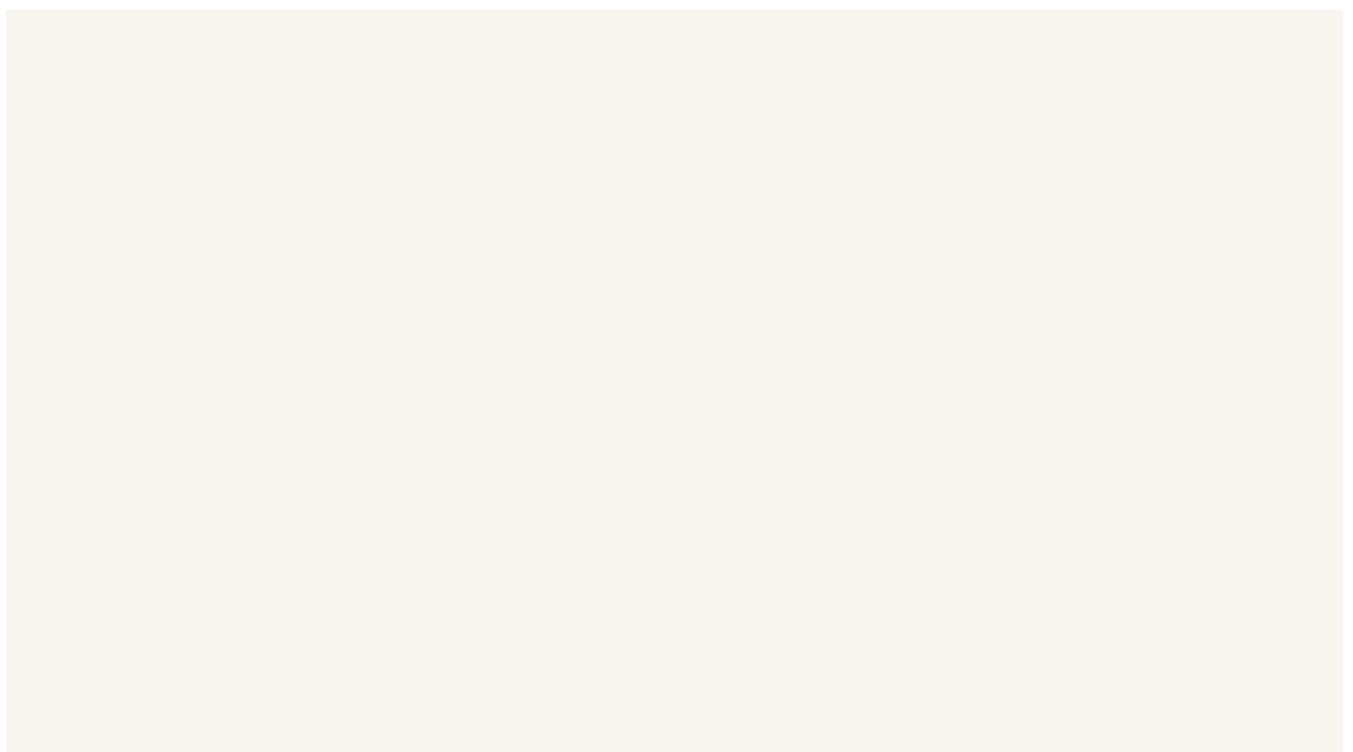
Choose 3-5 words which describe what having this desire would feel like:

QUESTIONS

What are some steps you could take to manifest or create this? What has your intuition been guiding you to do?



Where do you need to practise surrender and trust with this desire? What do you need to let go of and allow the universe to handle?



QUESTIONS

Take a moment to connect with the energy of the desire you want to manifest. Close your eyes and feel what it would be like to have it. Imagine you are a magnet. Imagine that you have an energy within yourself that is magnetic and can pull towards you what it is that you desire. Feel the energy of what you want, and feel yourself drawing it towards you. Continue opening up to receive it, feel it, and imagine having it. See, and feel yourself living in a reality where this desire is done.

Describe what you felt, noticed and experienced below.

QUESTIONS

What practices, activities or resources raise your vibes, get you feeling really good and amplify your energy?

High vibe song:

High vibe book or podcast:

High vibe place to be:

High vibe activity:

High vibe person to be around:

High vibe way of moving your body:

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.