

How to Structure Your Day The FemmeType™ Way

*The FemmeTypes™ are a complete structure for the modern woman...
and they provide gorgeous bookends to the beginning and ending of your
day.*

If you are new to Elegant Femme and are not familiar with your FemmeTypes™,
[learn about YOUR unique FemmeTypes through the quiz here.](#)
You will receive custom results, tailored just for you.

FemmeType Summary™



The *indie* is the being FemmeType™

It's the FemmeType that allows us to be in a space of calm, self-confidence, and inner knowing. The one that allows us to be in a grounded state, no matter what is going on around us.



The *frenchie* is the enjoying FemmeType™

What pleases you...this also includes body image and relationships.



The **NEW YORKER** is the doing FemmeType™

The New Yorker is anything that requires doing...strategy...power...organization. Anything that is related to "getting things done" in a strategic way.



Start your day with your *indie* ...

Maybe for you, that is meditation or journaling...something that allows you to feel grounded & connected.

QUESTION: What can you do to feel deeply connected to yourself and your Source?

THEN...



Transition into your *frenchie*...

Don't delay your enjoying...enjoy first.

QUESTION: What do you enjoy?

Is it moving your body...spending a gorgeous breakfast with your family...
dressing with your unique style?

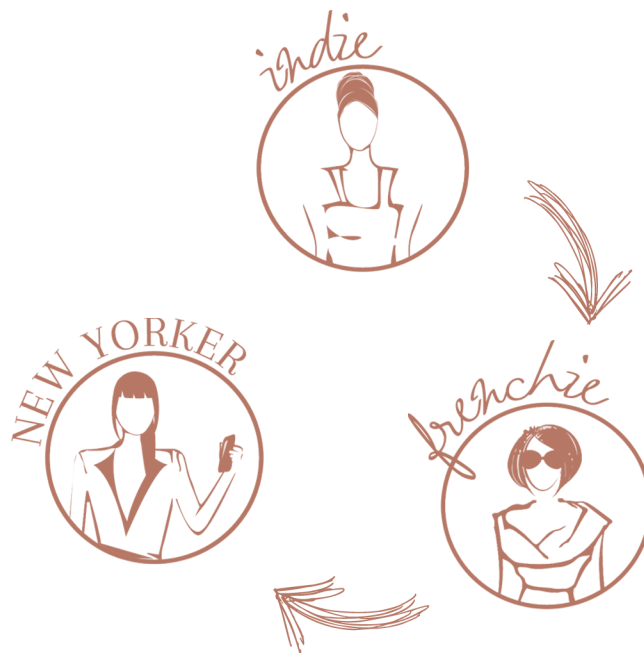


ONLY THEN DO YOU
TRANSITION INTO THE **NEW YORKER...**

Choose the one thing first...do the most important action first.

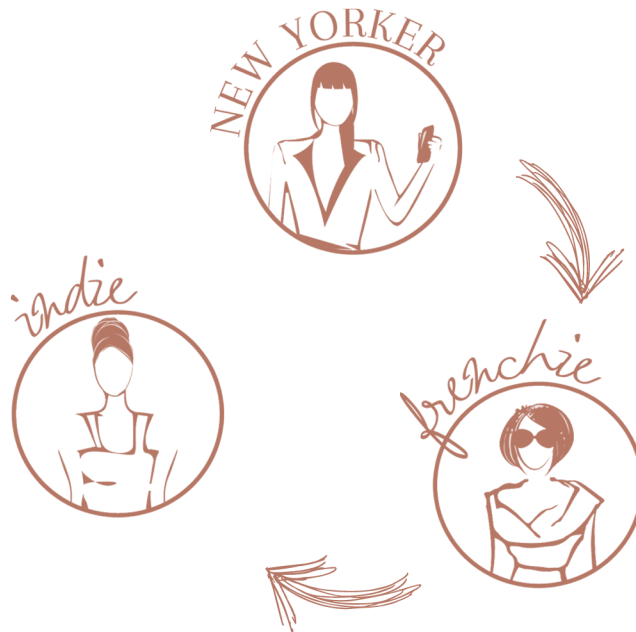
QUESTION: What is the most important thing for you to do today?

THE FULL MORNING FLOW IS



CLOSING YOUR DAY

THE ENDING OF YOUR DAY IS DIFFERENT...YOU WIND DOWN





NEW YORKER...

Closing your office door...shutting down your computer...creating a list for the next day.

QUESTION: What signals to you that your work day is complete?



frenchie...

Enjoy dinner with your family...take a bath...private time with your partner...

QUESTION: What do you enjoy at night?



indie ...

Slow down...night time journaling

QUESTION: How can you connect to your Indie at night?

Mistakes:

1. Starting and ending your day with the Faux New Yorker energy.
2. Skipping enjoying...even if you start with your Indie, moving to the New Yorker and skipping the connection with your Frenchie causes a feeling of imbalance.
3. Getting back on your computer right before bed and reactivating New Yorker energy.

See the full post at:
elegantfemme.com/structure

Are you ready to take this daily structure deeper?
The Femme Flow List is a complete process to begin and end your day incorporating the
FemmeTypes, so you can BE, DO & ENJOY.

<http://elegantfemme.com/flow>