

## LAYER 4

# The 9 Layers of The Indie

# TIME TO TRANSITION INTO *Being*

*This workbook version can be edited on your computer or printed out and completed by hand.  
If you edit it on your computer, you must save to your computer and then complete the pdf.*

*Do not complete the pdf in your internet browser. I invite you to test it by typing in at least 1 cell,  
save as a new document; close and re-open.*

# WEEKLY CHECK IN

Did you allow yourself to complete the daily requirements?

Yes

No

How many days did you do your Femme Flow list this week?

How did you relate to yourself this week? Do a little review. Be aware if you had any consistent negative thoughts or emotions this week.  
How was your self talk?

What is my intention for this program?

Who do I desire to embody?

*The way I relate to the issue IS the issue.*

# SELF REVIEW

I completed the full module.

Yes

No

I am participating in an open authentic way in the Facebook group.

Yes

No

I am journaling regularly.

Yes

No

I am committed to my transformation.

Yes

No

# INTERNAL REVIEW

What has come up for you this week?

What patterns have you identified?

What do you now know about how you have interacted with Layer 3, Resistance, in the past?

Complete this sentence: I am processing resistance by...

# Layer 4 of Indie is

*NOTE: Throughout rest of this template, each blank (\_\_\_\_\_) in questions and statements is the name of Layer 4. Please add it in each location and then complete the questions and journaling assignments.*

When I first heard about this layer I felt

Why is it important for me to step into my power?



Why do I use  
serving me?

in my life? How is it currently

I am currently giving away my power by

How do I act when I become ?

What really ruffles my feathers?

I am holding the most

toward

What part of me is feeling that I have to do this? And what else could I do instead?

**What you need to start understanding in your life, is that you do not HAVE to do anything. Every single thing that you are participating in, is a choice.**

The sooner you learn to fully receive that choice, and step into an empowered space with that choice, the sooner you are going to allow yourself to move through \_\_\_\_\_ and receive the energy that's on the other side.

Brainstorm some choices you could make about where you are feeling the most \_\_\_\_\_ below.

1.

2.

3.

4.

5.

# ACTION STEPS

This week you are going to take your power back, and set healthy boundaries. Say no, when you mean no.

If you want a deeper review of boundaries, return to Module 2 of the Live You Fully Program.

Our partners are a beautiful mirror for us in feeling .  
They really bring up a lot of our stuff, and we love them for that.

1. Every day this week, I invite you to kiss your husband/ partner passionately when they come home. Just smile and go about your business.

Do this immediately when they walk in the door.

You don't need to tell him what's going on. You can just tell him that you love him, and you love to kiss him, and it's just something you are enjoying.

2) Brag Day: Participate in for a full day in husband/Partner brag day. Wherever you are, whoever you are talking to, brag about your spouse.

If you are not in a relationship, do Step 2 with the person you feel most \_\_\_\_\_ toward.

3) **Pay it forward in 3 ways:** Allow yourself to gift something to someone else without expecting anything back. There's a couple of rules/regulations for this particular exercise. I strongly suggest that you don't do this with a family member or a friend. (Unwritten rule with family or friends--if I give something to you, you are supposed to give something back. Doing it for a stranger removes those strings.)

Big or small, the importance is that it comes from a genuine space.

JOURNAL WITH THE FOLLOWING QUESTIONS:

1. What would my life be like if I didn't allow  
to control me? If I didn't use it as an excuse?

2. How has \_\_\_\_\_ been draining me, stopping me  
from being who I am here to be?

# NOTES