

LAYER 6

The 9 Layers of The Indie

TIME TO
TRANSITION
INTO
Being

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?

*As they say in spiritual psychology,
“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 5 in the past?

Layer 6 of Indie is

NOTE: Throughout rest of this template, each blank (_____) in questions and statements is the name of Layer 6. Please add it in each location and then complete the questions and journaling assignments.

When I first heard about this layer I felt

Am I finding some comfort in the restrictiveness that I'm feeling?

What will I really allow myself into if I really trust and move into that freedom and the liberation that can be found within this layer?

Can I allow myself to feel the relief that is really here?

Why am I ready to _____?

I knew I needed to _____ (who was the
person you chose to _____?)

When I whispered "I _____ you" I felt

I know that this assisted me in releasing

I knew I needed to _____ myself for

I was _____ years old when this happened

My intention then was to

I _____ myself because

The message that my past self has to tell me is

How am I going to let _____ support me going forward?

What insight have you gained thus far?

How has your vision changed, how is it transformed?

If your vision in Layer 1 was unclear, you can choose to look at a vision you have for your life, what you desire

Where are you surprised that there's a place that needed
_____?

How do you want to gift yourself the opportunity to have this be part
of your process?

How could unlocking this energy help you move more quickly towards your vision?

If your vision in Layer 1 was unclear, you can choose to look at a vision you have for your life, what you desire

NOTES

[illegible]