

LAYER 7

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

The one thing I know I need to do to optimize my results is:

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 forgiveness in the past?

Did you get to the forgiveness exercise? Did you allow yourself to really do it?

What new opportunity have you had to be triggered, to be let down, to feel left out, to feel guilt, to feel pride?

What has come into your awareness, into your life this week that is giving you the opportunity to be more of who you truly are?

What opportunities have come into your life this week that have triggered you into being not who you truly are?

Layer 7 of Indie is

NOTE: Throughout rest of this template, each blank (_____) in questions and statements is the name of Layer 7 Please add it in each location and then complete the questions and journaling assignments.

When I first heard about this layer I felt

I _____ the following people (*make sure you gift yourself carte blanche here to release) I.e.: I _____ people who are fat, I _____ people who drink too much, I _____ people who eat at McDonalds, I _____ people who are messy, unorganized, etc.

I now realize that in every _____ above I in some way
_____ myself in the same way (review the above list
of _____ , re-read them and now recognize that you are
indeed _____ yourself)

When I review the above list the top 3 _____ that
surprise me are:

1. _____
2. _____
3. _____

The _____ I chose to release now is

To fully Release the _____ follow the next 5 steps

1. Recognize you are _____ someone

2. Recognize that you indeed _____ yourself for that

3. Admit you are afraid of others _____ you for that

4. Ask yourself "Who do I desire to BE instead?"

5. Ask your New Yorker "What is the 1 thing I could DO right now to BE that?"

Now write out the following "I forgive myself for _____ myself as _____"

It is important here to write out the entire sentence above

How can unlocking this particular energy help you move more quickly with your vision?

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