

LAYER 8

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 judged yourself in the past?

Are you really allowing yourself to be who you it is you are, really?

Who it is you're being now, is it in line with you it is you are?

"Who is it I choose to be?", and ask and create from that space. That will yield you the transformation and the results that you're ultimately seeking, quicker than you can imagine.

Layer 8 of Indie is

NOTE: Throughout rest of this template, each blank (_____) in questions and statements is the name of Layer 8 Please add it in each location and then complete the questions and journaling assignments.

When I first heard about this layer I felt

The pieces of myself that I have not yet _____ are

I will now choose to honor these parts of myself by

When I ask my Indie who I require to BE to _____
these pieces of myself she says

1. _____

2. _____

3. _____

I can honor these aspects of myself by

I now know I am

I admire and I _____

I admit, and I accept that I am _____

[illegible]