

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.

LIVE *you* FULLY

MODULE 1 TEMPLATE

“THE ESSENTIAL
SUPPORT STRUCTURE FOR THE
MODERN, EVOLVING WOMAN”

Table of CONTENTS

Welcome to Live You Fully

SEGMENT 1:

Live You Fully Foundation

SEGMENT 2:

Your FemmeTypes™

SEGMENT 3:

*How Your FemmeTypes™
Help You Determine What You Want*

THIS IS YOUR LIFE

This is YOUR life; you get to create it any way you want.

You must fully awaken to what you want and what your soul wants for you and then engage fully in that opportunity and allow yourself to experience it.

Over the course of the next couple of months together:

- You are going to grow
- You are going to open
- You are going to recognize more of who you are
AND what you want out of life.

You will be supported, guided, and encouraged to take the necessary steps to realize your Beautiful Life.

Here are some things to keep in mind as you continue...

LE PHILOSOPHIE

The Elegant Femme Philosophy...

1

Nothing is ever wasted

2

Now Learning vs. Life-long Learning

3

Receive everything / Find the Gift

4

Be easy on yourself and authentic
with your growth opportunities

5

It's between you and God/Spirit/
Source

6

It's not always pretty, but it's
always Beautiful

BRAVO AND BIENVENUE

Welcome to
LIVE YOU FULLY

THIS PROGRAM IS DESIGNED TO ASSIST
YOU TO:

*L*et go of what is no longer working in your life

*P*rovide you with the courage to make self-honoring
decisions

*I*dentify what will please you and honor those choices
with freedom

*I*gnite the confidence and worthiness to make those
changes

*E*njoy the life you have created NOW and in the
FUTURE

*O*pen a new level of awareness for abundance, power,
and conscious action

INTENTION:

*I*t is my personal intention that this program provides you with the opportunity to profoundly shift your life, your consciousness, and your compassion towards yourself; that you leave this program with a deeper understanding of your truth, your ability, and your responsibility to live the life you were born to live.

*T*he intention of this program is to assist you in further awakening to the truth inside of you. To assist you in letting go of what is no longer working for you in any area of your life and confidently receive the life that is in alignment with your highest good.

WHAT RESULTS ARE POSSIBLE FOR YOU?

WOMEN WHO HAVE CHOSEN TO LIVE
YOU FULLY HAVE...

- Reported an incredible gain in prosperity
- Started businesses & received their first clients
- Moved to new countries
- Recovered from depression
- Transitioned their marriage from the brink of divorce to an amazing partnership
- Lost weight
- So much more...

WHAT DOES IT MEAN TO LIVE YOU FULLY?

The possibilities are limitless. That is because this entire course is designed as a path to allow you to see your true self.

It's about assisting you in REMEMBERING and to awaken within you that which you know, but might be unaware of. This knowing will allow you to move into experiencing the life that is uniquely yours to experience.

*This is about you
CHOOSING to give your life
MEANING.*

LIVE YOU FULLY

Live You Fully shows you how to customize your life.

You will be customizing and creating your life through the internal technology of the FemmeTypes™.

WHAT DOES IT MEAN TO LIVE YOU FULLY?

WHAT ARE YOU SEEKING?

LIVE YOU FULLY FOUNDATION

IT IS THE MOMENTUM

QUALITY VS. QUANTITY

*I*t is my intention...

To deliver the highest quality content, in the most efficient amount of time.

It's not just about acquiring this information, but actually infusing it into our daily life in a supportive and accessible manner.

“It's not all or nothing.”

What are the top 3 things that stop a woman from living her true potential?

1.

2.

3.

How has this stopped you in the past?

1.

2.

3.

What happens if you do follow through?

Which “mistake” are you holding on to that is stopping you from moving forward?

LOSING SOMEONE OR SOMETHING

1. Who are you afraid to lose if you LIVE your FULL potential?

2. What are you afraid you will lose if you LIVE your FULL potential?

YOUR INTENTION

Take a moment to set an intention for this class. Make sure to honor what it is that you truly desire

The course is all about beginning to listen and responding to that innate part of you that knows what's right.

My Intention for Live You Fully is:

YOUR SENSES

First, we are going to enhance your senses. *Why?*

Because many women are living in a state of numbness, they are drowning in overwhelm and “have to’s” and have forgotten what they truly want.

AWAKEN YOUR SENSES

In order for you to create your version of your Beautiful Life you have to AWAKEN.

Awakening to the senses may seem basic, but in fact, this is the foundational aspect most women are missing. It is a key component to you knowing what you want and why you are here.

Being awake to your senses is required before you can awaken to the fullness of your life.

There are two components we operate in:



We must not forget the physical. We require proper alignment and engagement with it in order for us to transcend and even open to the fullness of our potential (soul's purpose).

YOUR LIVE YOU FULLY FOUNDATION FOCUSES ON 7 SENSES

-  Sight
-  Taste
-  Hearing
-  Smell
-  Touch
-  Intuition
-  Receiving

DO YOU REMEMBER YOUR SENSES?

When was the last time you used your sense of:

1. SIGHT?

2. TASTE?

3. HEARING?

4. SMELL?

5. TOUCH?

6TH SENSE: INTUITION

Something incredibly powerful opens up within this program. You will find yourself trusting your intuition in a way that you never have before and FOLLOWING that intuition.

7TH SENSE: RECEIVING

It's one thing to have an amazing desire and to recognize that desire. But if you can't receive it into your life, then you're not fully experiencing the desire.

As a woman, I'm constantly increasing two things in my life:



PLEASURE



My ability to RECEIVE

Everything else increases automatically: Prosperity, confidence, the level of awareness.

All of these follow easily and elegantly when I focus on increasing my level of receiving and my capacity for pleasure.

ENHANCING YOUR SENSES

As far back as the 1760's, the famous philosopher Immanuel Kant proposed that our knowledge of the outside world depends on our modes of perception. This week you are going to begin to enhance your senses.

Answer the following question for each sense...

FOR EXAMPLE: When I ignite my sense of sight, I choose to see dark velvet rich rose on a deep green stem.
I choose to see beauty.

I CHOOSE

When I ignite my sense of sight, I will choose to see...

When I ignite my sense of taste, I will choose to taste...

When I ignite my sense of sound, I will choose to hear...

When I ignite my sense of smell, I will choose to smell...

When I ignite my sense of touch, I will choose to feel...

When I ignite my sense of intuition, I will choose to know...

When I ignite my sense of receiving, I will choose to receive...

INTRODUCING

*“The Essential Support Structure for the
Modern, Evolving Woman”*

THE FEMMETYPES™

You will be customizing and creating your life through the essential support structure of the FemmeTypes™.

The FemmeTypes™ will assist you in bridging the gap between where you feel yourself to be now and what is truly possible for you.

indie

The Indie is the aspect of you responsible for **BALANCE**.

She assists you in feeling calm when outside circumstances are less than ideal.

She is the aspect of you who knows exactly what you need. Through her, you access your intuition.

The Indie is a creative space full of:



Self - Love



Self - Acceptance

frenchie

She is the aspect of you responsible for PLEASURE.

She encompasses:

- Relationships
- Body image
- Internal and External beauty
- How you relate to yourself when it comes to beauty & femininity

She is the enjoying piece.

Many women see the Frenchie as a luxury, when in fact, she is a NECESSITY!

NEW YORKER

This is the aspect of you responsible for:

- Prosperity
- Power
- Strategy

She is concerned with **RESULTS** and leadership.

She loves getting things done and is often misunderstood.

It is crucial that the New Yorker is supported by your other two FemmeTypes™ – if not, you will become resentful, overwhelmed, and exhausted.

IN SYNC OR OUT OF SYNC?

THE FEMMETYPES™

How can you tell which FemmeType™ is out of sync and affecting your desired result?

QUICK REFERENCE

If you find yourself feeling ungrounded, reactive, searching outside of yourself, sad and a feeling of emptiness, then it is probably your **INDIE** that is lacking.

If you feel unattractive, lonely, isolated, deprived and are in victim mentality, it is most likely your **FRENCHIE** out of sync.

If you are feeling lazy, unproductive, lack mindset, depressed, anxious and doing too much but not feeling fulfilled, then it is most likely your **NEW YORKER**.

WHAT YOU CAN DO FOR YOUR

indie

- Meditate for 5 minutes
- Journal
- Set your bed time intention
- Learn how to set a true intention
(You have a special BONUS about this!)
- Begin to listen to your intuition and acknowledge it
- Take a quiet walk
- Ask what your soul is seeking at this very moment
- Forgive someone
- Forgive yourself
- Sleep and dream
- Gratitude journal
- Pay it forward

WHAT YOU CAN DO FOR YOUR

frenchie

- Spa day
- Manicure/Pedicure
- Buy fresh flowers
- Take a bath
- Lather yourself in fresh, raw, organic coconut oil
- Add a feminine touch to your bedroom and work space
- Buy new lingerie
(Note: there is a special process for this, I will discuss in the class)
- Enjoy a sensual meal
- Admire your body

WHAT YOU CAN DO FOR YOUR *NEW YORKER*

- Clean a drawer
- Organize your checkbook or wallet
- Make a list of what you would do with all the money you want (we will do this in class together)
- Buy a new planner
- Infuse intention into your New Yorker so she feels focused
- Make a list of the 2 most important things to do today and DO them (and only them); see what happens
- Delegate a task that is holding energy for you that you do not want to do
- Finally do the 1 task that is holding energy for you that you know you have to do—that one phone call, that one bill...
- Make some money, honey. We make this harder than it really is.

Your Commitment to Your FEMMETYPES™

THIS WEEK: You're going to choose one thing this week to do for each of your FemmeTypes™.

You'll be choosing one thing for your Indie, one for your Frenchie, and one for your New Yorker.

This week, I choose to do the following for my Indie:

This week, I choose to do the following for my Frenchie:

This week, I choose to do the following for my New Yorker:

YOUR UNIQUE FEMMETYPES

Name Your FEMMETYPES™

Your FemmeTypes™ aren't the same as mine...they are uniquely yours.

To fully embody each of your FemmeTypes™, you are going to name them. Add the name for each FemmeType™ below.

My Indie:

My Frenchie:

My New Yorker:

What Do You Really Want in Your Life?

- Why did you choose to enroll in this course?
- What aspect spoke to the real you? Strive to clearly identify what this desire was for you.

- What shift do you require in order to Live Fully?
- Why do you want to Live Fully?

ACTION STEPS

- Complete this form entirely, taking time to answer each question.
- Name your FemmeTypes™. Don't put this off.
- Start incorporating the FemmeTypes™ into everyday life.
- What did you choose to do for your FemmeTypes™ this week?
- Repeat your intention daily.
- Integrate your Daily Flow Requirements. See the Daily Requirements section in your membership site.
- Share your experience in the Live You Fully Program Facebook Group.

NEXT WEEK

We will be moving into your
BOUNDARIES...

*Bisous
Tara*

NOTES