

LIVE *you*

FULLY

MODULE 1 TEMPLATE

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

This Template is condensed to minimize printing. You can find extended information in the full Module Template.

WHAT DOES IT MEAN TO LIVE YOU FULLY?

WHAT ARE YOU SEEKING?

LIVE YOU FULLY FOUNDATION

IT IS THE MOMENTUM

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:

1

2

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?

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...

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*

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