

LIVE *you* FULLY

MODULE 2 TEMPLATE

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

Table of CONTENTS

INTRODUCTION

Reflection Time

Boundaries

Sensual Circle

SEGMENT 1:

Is Your Sensual Circle Compromised?

SEGMENT 2:

How to Create Sensual Boundaries

That Honor Who You Are & Support Your Real Power

SEGMENT 3:

Self-Love and Your Voice

REFLECTION TIME

REVIEW OF MODULE 1

How are you relating to yourself this week?

What changes have you already noticed in your behavior?

Did you name your 3 FemmeTypes™?

___ Yes ___ No

Did you allow yourself to complete the Daily Requirements?

___ Yes ___ No

REFLECTION TIME

REVIEW OF MODULE 1

Did you take the time to complete Module 1 and answer the questions?

___ Yes

___ No

How are your senses already being enhanced?

Be honest with yourself now. It will support you this week!

You will be experiencing a lot of growth during this time, and this requires compassion and kindness towards yourself.

Boundaries

MODULE  How to Effectively Create
Them for Your NEXT Level

Boundaries assist you in honoring your life and your purpose. It is up to NO ONE ELSE but you to maintain boundaries.

The  Misunderstanding about Boundaries is?

WHY DO WE NEED BOUNDARIES?

Boundaries assist you to:





WHAT TWO COMPONENTS ARE NEEDED TO CONSTRUCT HEALTHY BOUNDARIES?





WHAT IS THE SENSUAL CIRCLE?

THE SENSUAL CIRCLE

*A*ssists you in honoring and clarifying your boundaries as a woman.

*I*s the personal energy space that is required for you to access the deepest parts of what you desire.

*W*ill allow you to call in and honor space for what you desire in your life.

*I*s precious. Who you choose to allow in is between you and your SOUL

YOUR SENSUAL CIRCLE

What does your Sensual Circle look like?

How can you access it?

How do you preserve your Sensual Circle?

HOW CAN YOU TELL IF YOUR SENSUAL CIRCLE IS BEING COMPROMISED?

SIGNS OF A COMPROMISED SENSUAL CIRCLE

INTERNAL SIGNS

Issues regarding self-respect, fear of losing control, financial loss, ability to survive and thrive, poorly balanced relationships will be present.

BEHAVIORS

Eating issues such as anorexia and bulimia, along with buried emotions and depression are associated with a compromised Sensual Circle.

PHYSICAL SIGNS

- Sore lower back
- Infertility
- Bladder and kidney problems

WHAT IS THE #1 WAY TO RECONSTRUCT YOUR SENSUAL CIRCLE?

To accomplish everything you want to achieve, it's crucial
to set up...

*HEALTHY
BOUNDARIES*

BOUNDARIES

Boundaries are an area where women continually have problems. It goes back to the desire to please and serve others, as well as guilt.

At their core, most women know they cannot truly serve others unless they take care of themselves.

However, the majority of women have NO idea how to set a boundary, and for the most part, don't even know what exactly "setting a boundary" means.

WHY HAVE YOU STRUGGLED WITH SETTING HEALTHY BOUNDARIES IN THE PAST?

Journal about how you have struggled with setting healthy boundaries in the past.

Boundaries aren't easy to set because most women are confused about what they really want.

Boundaries stem from self-love and self-respect, which are core ingredients that many women are lacking.

The simple definition of a boundary is a property line.

What many women fail to understand is that this is a precious property that they're protecting.

Forming healthy boundaries is a beautiful form of honoring ourselves. It is the true, authentic, delicate nature of who you really are.

When you set healthy boundaries, it's clear to see ownership.

Boundaries allow you to freely see which feelings are yours to own, and which feelings are someone else's that you have NO control over.

Taking personal ownership of our own feelings and reactions is the start of setting appropriate healthy boundaries.

*Boundaries help us realize our freedom, and
our life-long dreams.*

OVERCOMING GUILT

Many women have the misconception that boundaries are selfish. In fact, boundaries are about self-love and self-control.

Boundaries serve love—not selfishness.

When you take control of yourself, you are able to love more deeply, more purposefully, and more intently. This experience allows you to have the ultimate life—precisely what you’ve always desired.

How do you feel inside when you know you are not honoring your Sensual Circle? *Please be specific to how you feel when you compromise your Sensual Circle.*

CURRENTLY MY SENSUAL CIRCLE FEELS LIKE?

Please identify one below:

*H*onored and tight

*F*rayed

*B*arbed wire

YOUR SENSUAL CIRCLE INTENTION

Copy your Sensual Circle Intention on the lines below.

"My intention is to elegantly and effortlessly heal
and protect my Sensual Circle so I may share my gifts
with the highest good of all concerned."

HOW DO YOU START TO SET HEALTHY BOUNDARIES?

Preserving your Sensual Circle

CHOICE

First, you have to realize that we all have choices.

As much as women are comfortable falling into victim and resentment mentalities, the truth is that you can make choices for yourself that are supportive.

What choices do you have that you have not let yourself be aware of? *Take 2 minutes to journal your answer.*

FIX HIM

When we set boundaries, it ISN'T about fixing or changing someone.

This is especially important for women to understand.

Many women feel responsible for people in our lives...we feel a need to fix and take care of our husbands, kids, in-laws, friends co-workers—the list goes on.

DON'T GIVE AWAY YOUR POWER

It's a false belief to think: "If I could just change X about someone, then my life would be easier."

Many women lose their balance and compromise their Sensual Circle this way. They fall into the trap of giving away their personal power.

In what areas of your life do you require healthy boundaries?

*To get your needs met, you need to be very clear on what **YOUR** needs are.*

LEARNING TO GET YOUR NEEDS MET

What do you require in your life right now that you don't feel you are getting? *Time alone? Time to take care of yourself? Your business? Your dreams?*

SELF-LOVING DISCIPLINE

WHAT REALLY SERVES YOU? When you go deep inside and allow yourself to feel your Sensual Circle what really honors you?

List the things you're currently doing in your life that honor you.

WHAT IS THE DIFFERENCE BETWEEN...

treating yourself vs. punishing yourself?

The answer is *YOUR intention.*

FINDING YOUR VOICE

Once you have recognized what your true desires are, it's up to you to protect and serve them.

One of the most difficult things for women is to speak and honor THEIR voice.

Many women fear that if they say NO then they will hurt or reject someone, so instead they say YES. Saying YES when you mean NO builds resentment.

The authentic self feels rejected.

If you reject your authentic self time-and-time again, her voice becomes quieter. Over time you won't even recognize that she's speaking.



We will be activating your authentic voice using the 3 FemmeTypes™. As you do so, your voice will become STRONGER and LOUDER.

WORDS YOU REQUIRE TO START USING:

*N*o, I don't want to do that.

*N*o, I don't like that.

*Y*es, I want that.

*Y*es, I will.

I like that.

I don't like that.

*W*hat you said/did hurt.

USING YOUR VOICE

Journal about one situation where you will clearly use your authentic voice and ask for what you want—or don't want.

After you have gifted yourself permission to find your voice, you must also gift yourself the gift of speaking the truth...

YOUR truth!

THE FEMMETYPES™ ASSIST YOU IN IDENTIFYING YOUR TRUTH

Not being truthful to yourself or another gives a false impression of who you are and what you want.

Think about situations where you have given a false impression to the people that you love.

In what situation have you been holding back your truth?

SUPPORT YOUR SENSUAL CIRCLE WITH YOUR SENSES

SENSE OF SOUND

D Chord in music
Elegant Femme Favorite:
Pachelbel's Canon in D.

SENSE OF TOUCH

Water

SENSE OF SMELL

SCENT: Jasmine
One of Cleopatra's favorite
scents

SENSE OF TASTE

SPICES TO ADD TO YOUR
FOOD: Cinnamon, Vanilla,
Caraway Seeds

SENSE OF SIGHT

COLOR: Orange



WHO WILL SUPPORT YOUR SENSUAL CIRCLE?

The most important thing to remember is that it is your responsibility to protect your Sensual Circle. However, we CAN align ourselves with people we feel will support us in maintaining the commitment we made to ourselves.

List three people or organizations you feel will support your Sensual Circle:

1

2

3

ACTION STEPS

*C*omplete Week 2

*R*ecommended reading: "Boundaries: When To Say Yes, How to Say No," by Henry Cloud and John Townsend

*M*ake a commitment of 1 thing you will do to enhance your Sensual Circle. List it here.

*B*ring more orange color into your life—clothes, flowers, orange colored food.

NEXT WEEK

RECEIVING...

How to increase your ability to receive without guilt.
Awaken Your Being with your

indie

FEMMETYPE™

*Bisous
Tara*

[illegible]