

LIVE *you* FULLY

MODULE 2 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.

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?





YOUR SENSUAL CIRCLE

What does your Sensual Circle look like?

How can you access it?

How do you preserve your Sensual Circle?

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

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

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.*

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.

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.

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?

WHO WILL SUPPORT YOUR SENSUAL CIRCLE?

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.

[illegible]