

LIVE *you* FULLY

MODULE 4 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.

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REFLECTION TIME

REVIEW OF MODULE 3

Did you take the time to complete Module 3 and answer the questions?

Did you allow yourself to complete the Daily Requirements?

How are you relating to yourself this week?

What has begun to shift for you?

REFLECTION TIME

REVIEW OF MODULE 3

How did you honor your Sensual Circle this week?

What do you now know about your Indie? Any patterns or themes showing up for you?

What relationship in your life are you the most aware of?

In what area are you being called to further strengthen your Sensual Circle?

 Pleasure
MODULE Discover & Define What Pleases YOU.
Awaken Your Ability to Enjoy with
Your FRENCHIE FEMMETYPE™

ARE YOU AVOIDING PLEASURE?

Where have you been avoiding pleasure in your life?

What do you really feel about Pleasure?

Does it scare you?

Do you trust pleasure?

Do you stop yourself?

What is your earliest memory of pleasure?

Where have you held back from receiving pleasure?

VOICE & VAGINA

Yes, you heard that right.

What do they have in common?

How do you express yourself?

How are you blocked?

Where do you hold back?

How do you express pleasure?

How can you more fully express pleasure?

In what ways can you begin to express yourself more deeply, more vocally? Make a list of 2-5 ways you can express yourself more deeply, more vocally.

1. _____
2. _____
3. _____
4. _____
5. _____

EXPRESS YOURSELF

When you fully express yourself vocally, without holding back, you complete the pleasure cycle.

You create a chord of trust and protection for what feels good.

Even those of us who feel our pleasure muscle is activated need to ask ourselves:

Do I fully allow myself to express and receive all the pleasure that is available to me?

WHAT ARE THE MAJOR FEARS YOU ASSOCIATE WITH PLEASURE?

*S*elf indulgence

*G*uilt

*S*lut

*G*reed

What does this mean to you?

What judgements have you been holding against
pleasure?

Where did these fears originate from?

IT'S TOO GOOD TO BE TRUE

Can you relate to this?

POWER OF NEGATIVE ANTICIPATION

Women have been taught to anticipate the bad or hold out for it to get worse; therefore, women have absolutely blocked their capacity for pleasure so they are not let down.

How have you experienced this in your life?

PLEASURE PEAK

Draw a diagram of a mountain peak.

What is a Pleasure Peak?

PLEASURE PLATEAU

Draw a diagram of a mountain plateau.

What is a Pleasure Plateau?

SO, HOW DO WE TELL THE DIFFERENCE?

*S*tart with your Indie.

Tune in so you know when pleasure is over and begins to extend into self-indulgence—and therefore, self-punishment.

You REALLY do know this point.

Why does our system naturally seek pleasure?

WHAT'S THE CONNECTION? SCIENCE & PLEASURE

Your Invitation

How can you more fully open up to pleasure in your life?

WHO IS THE FRENCHIE?

Wherever you are, I invite you to stand up. Go to a mirror, and look at yourself as if it is the first time

Imagine you're a visitor in your own body, and you are experiencing yourself for the first time.

Look at yourself with love, awe, grace, and gratitude.

*Doing this regularly will open you
up to true pleasure.*

ANSWER. BE HONEST.

Now, were you really able to do this exercise and receive this result?

When I looked at myself, I felt...

What I want to see and feel when I look at myself is...

Your Intention

What is your intention for your Frenchie? How would you like to embody her?

THINK OF A WOMAN THAT YOU FIND TRULY
BEAUTIFUL.

What is it about her that makes her beautiful? Is it her
clothes? What is it?

What is her attitude?

How is she holding herself?

THINK OF A WOMAN THAT YOU FIND TRULY
BEAUTIFUL.

How is she walking?

What is her self-esteem like?

Take a long look at what you wrote above and really
connect with it.

Is there anything here that surprises you? What is it?

WHEN WE TALK ABOUT FRENCHIE...

*The frenchie is about your pleasure,
your beauty, your confidence...
not anyone else's.*

What did you name your Frenchie? Write it down.

YOUR FRENCHIE

For the rest of the module, I invite you to pretend that you are her.

I invite you to feel it in your body. I invite you to talk, walk, and act like her for the next 90 minutes.

Really connect with her.

What is your Frenchie Femme Vision?

EMBRACING YOUR FRENCHIE

Now you have a better idea of who your Frenchie is, and how she wants to be seen in the world...

Are you fully ready to embrace her and to step into this authentic and fundamental aspect of your life?

Why are you ready to step into your Frenchie?

HOW TO LOVE SOMEONE ELSE...

What is it that pleases you?

YOUR FRENCHIE IS FOR YOU

What value do you currently place on your Frenchie?

ACTION STEPS

Complete the module and your template

Write down one thing you enjoy and how you could enjoy it even more.

Seek pleasure in your next meal.

Choose one activity you typically over-indulge in, and as you surrender, find the pleasure.

Share your experience in our Facebook Community

YOU ARE DOING FANTASTIC!

NEXT WEEK

PROSPERITY & POWER

How to confidently create and powerfully implement.

Awaken your POWER with the

NEW YORKER

FEMMETYPE™

*Bloss
Lara*

BONUS PDF SEGMENT:
What Does BEAUTY Mean to You?

MODULE 4. SEGMENT 7.

What are your current beliefs about being beautiful?

How do you think about other beautiful women?

What are some ways you could express your beauty?

REALLY LET YOUR
IMAGINATION GO...

[illegible]