



RECLAIMING YOUR FEMININE POWER WORKSHEET

Beloved, here are some reflection questions to support you in healing and unleashing your inherent, Goddess-given power:

1. Growing up, how were you and the women in your family regarded and treated?
2. Were your feminine gifts, such as being highly sensitive, intuitive, nurturing, sensual, sexual, caring, cyclical, and powerful valued?
3. What were the messages you received around your body and sexuality?
4. What significant experiences shaped how valued and respected you felt as a woman?
5. As a result of these experiences, what beliefs did you begin to internalize?
6. Do these beliefs honor the Goddess within you?
7. Are they still serving you?
8. If no, are you ready and willing to release them?
9. What new, empowering, Goddess-worthy beliefs are you ready to replace them with?
10. What is one small, inspired action you can take to live in alignment with these new beliefs?

Begin, Beloved, and let your full feminine power unfold!