



The Art of Manifesting Like a Goddess

Week 1- Re-connecting to Your Divine Feminine Power

STEP 1 - IDENTIFY WHAT NO LONGER SERVES YOU:

1. What beliefs did your family, your culture or society hold about women being powerful?

2. What situations have you experienced in your life that you had to give away your power, or that it was taken from you? How did that affect you? How do you see that playing out in patterns or in choices you are making in your life today?

3. What negative beliefs about completely owning your power as a woman are you willing to let go of ?

STEP 2- WHAT DO YOU DESIRE TO CREATE INSTEAD?

4. What do you desire to create in your life that would require you step into your power fully as a woman?

STEP 3- GET INTO THE FEELING PLACE OF YOUR DESIRE

5. What does it feel like to fully embrace your power as a Divine Feminine Creator and to have what it is you desire by re-claiming your power?

6. How does it FEEL to take your power back, to not give it away to any circumstance, any person, any drama? (identify emotions or feelings)

STEP 4- ALLOW

You are going to bring this feeling into your Goddess Yoga Practice each day this week and allow it to move through you fully...allow yourself to embody this new way of being.

Are you willing to allow this as your new reality?

Begin to observe any situations this week where you would normally give up your power, and see where you can take new action instead.

Observe and take notes at the end of each day on what you observe in your Journal.

