

Welcome to...
A Meeting in the Ladies Room!



For this experience, you will need the following items:

A handheld mirror, A candle and lighter, A personal serving size of fruit or raw/steamed vegetables, and A "WIND down" HOUR glass.

This HOUR is just for YOU!

Instructions:

You are going to toast and SIP in the celebration of SELF.

List THREE things you are grateful about your life and why. Use this template to phrase your answers.

"I'm grateful for _____ because _____"

1. _____

2. _____

3. _____

I want MORE _____ in my life.

I want LESS _____ in my life.

One MINOR change I'd like to make is _____

REASON: Why do I want to make this change? _____

BENEFIT: What in my life will be better or different once this change is made?

One MAJOR change I'd like to make is. _____

REASON: Why do I want to make this change?

BENEFIT: What in my life will be better or different once this change is made?

What will it take for the MINOR change to happen? _____

What will it take for the MAJOR change to happen? _____



What are my current thoughts, feelings and actions around these areas in my life:

Mind/THOUGHTS: _____

Soul/FEELINGS: _____

Body/ACTIONS: _____

What thoughts, feelings and actions are serving me well?

What DIFFERENT thoughts, feelings, and actions could serve me better?

Perhaps think in terms of MORE and LESS of it if that helps...

What THREE permissions must I give myself to shift my reality in these areas?

1. I give my permission to _____

2. I give my permission to _____

3. I give my permission to _____

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