



WEEK 4 - MASCULINE & FEMININE

BE CHARGED.LIFE

UPGRADE YOUR MINDSET



Week 4 - Worksheet

1. How can you be more creative or start tapping into your creativity? And when do you commit to start doing this? *E.g. dance, art, music, etc.*

2. Collaborate with other women. What are the women groups that you can start tapping into that share the same values, vision and mission?



3. Check in with your womb; Ask what it wants, what memories it holds, what it's been carrying.

4. How can you start surrounding yourself with sensuality and beauty?



5. If you were to name your masculine and feminine, who would they be? What are their roles?

6. How can you start tapping your divine masculine within you?
E.g. Cultivate more courage, get things done, commit to completing things, giving yourself directions to move forward

7. **Explore your sexuality.** *Are you openly discussing about this with your partner? Do you openly talk about what you truly want? Are you projecting your old stories to your partner or to men? Sexuality is more than about having sex. It's about being able to be vulnerable, open, receive, give and connect on a deeper level. This is where we tap into our creativity.*
