



Exercise: Aligning with Your Feminine Essence

Answer the following questions with your first immediate response. There aren't any right or wrong answers so don't over think it. Your first impulse is usually the best answer.

Looking over the four areas of your life from the Module 1 Love Sheet, do you currently radiate and come across as more of a feminine woman or masculine woman?

What 3 masculine qualities were you strongest in?

1.

2.

3.



What 3 feminine qualities were you strongest in?

1. _____

2. _____

3. _____

How do you think that has affected your relationships up until now?

Are you happy with where you are on the masculine/feminine continuum? Or would you like to shift that?

Love SPARK™

Would you prefer to attract a masculine or feminine man? What might you shift in terms of your own masculine/feminine balance to attract him?

If you were to express more of your feminine essence how might you relate differently with men?
