



Exercise: Expressing Your Femininity

This exercise gives you the opportunity to explore your femininity and get creative how you'd like to express it in a greater way.

If femininity were a color, what color would it be? _____

If your femininity or feminine self had a message for you and wanted you to know something what would it say?

What colors, types and styles of clothes would you be wearing if you were to express your femininity more?



Would you do something differently with your hair, makeup or anything else about your appearance? If so, what would that be?



Here are some ideas to express your feminine side:

- Paint your nails
- Practice smiling at others - especially men
- Get grounded - walk on grass, meditate, listen to the Chakra grounding meditation
- Journal
- Read erotica or a romance novel
- Watch a romantic movie
- Take a bath - light candles
- Go to the sauna or spa
- Lay outside
- Walk in nature
- Listen to soothing music
- Get your hair done
- Get a facial
- Have lunch with a girlfriend
- Go for high tea
- Wear a dress, skirt, or feminine clothing
- Sing
- Dance
- Relax and breath
- Get together with friends
- Move slower & more fluidly then usual
- Focus on your senses while you do an activity
- Write a love letter or a thank you note



What 3 things can you do this week to infuse more joy into your life and express your feminine side more?
