

Divine Goddess Rise & Thrive

“Your true authentic self on a path to complete freedom - to embody a healthy life filled with joy, love, happiness, purpose, passion, vitality, in spirit and connection”

1. Describe in your words what characteristics you think a Divine Goddess has?
2. What does it mean for you to Thrive? Circle what you relate to.

Healthy

Happy

Fulfilled

Mind - Body - Soul alignment

Feeling Free

Strong

Resilient

Independent

Confident

Warrior

Unstoppable

Genuine

Feminine

Authentic connected relationships

In Flow

Open to receive

At Peace

Add your own comment:

3. What does the best version of you look like?
4. What 3 feelings do you associate with this best version?
5. What is holding you back from achieving this best version?
6. If you could wave a magic wand what would your life look like in 3-5 years?
7. What animal (if any) do you associate yourself with?
8. List 5-10 things you are grateful for
9. Finish the sentence....I feel good about (list 5 or more things)
10. Describe what your morning ritual looks like?
11. What's a few habits you would love to get rid of and why?
12. If you could change only 1 thing about yourself what would that be?

When we love ourselves, it's about loving & accepting all of us - the good, the bad, the ugly

13. Name a few of your strengths or great qualities.
14. Name a bad quality or weakness, or something you don't like about yourself
15. What things do you love to do that make you feel good, are fun or adventurous?
16. What creative things do you love doing?

We are feeling beings. You can be who you choose to be.

17. In what areas of your life can you BE more? - life is a peach 🍑
18. Use your Imagination...don't hold back, let yourself think big and wild. Don't think of how you would get it or judge the thought
 - What do you want to be?
 - What do you want to do?
 - What do you want to have?

Now Think about how you feel in each of the above.

19. What are your Top 5 values? - circle the list

list of values

ACCOUNTABILITY	EMPOWERMENT	KINDNESS
ACHIEVEMENT	ENDURANCE	KNOWLEDGE
ADAPTABILITY	ENTHUSIASM	LEADERSHIP
ADVENTURE	EQUALITY	LEARNING
ALTRUISM	ETHICS	LEGACY
AMBITION	EXCELLENCE	LOVE
AUTHENTICITY	EXPLORATION	LOYALTY
BALANCE	EXPRESSION	MAKING A DIFFERENCE
BEAUTY	FAIRNESS	OPTIMISM
BEING THE BEST	FAITH	ORDER
BELONGING	FAMILY	PATIENCE
CAREER	FINANCIAL STABILITY	PATRIOTISM
CARING	FORGIVENESS	PEACE
CANDOR	FREEDOM	PERSEVERANCE
CHALLENGE	FRIENDSHIP	POWER
CHARITY	FUN	PRIDE
COLLABORATION	FUTURE GENERATIONS	RECOGNITION
CONTENTMENT	GENEROSITY	RELIABILITY
COMMITMENT	GIVING BACK	RESOURCEFULNESS
COMMUNITY	GRACE	RESPECT
COMPASSION	GRATITUDE	RESPONSIBILITY
COMPETENCE	GROWTH	RISK TAKING
CONFIDENCE	HARMONY	SECURITY
CONNECTION	HEALTH	SPORTSMANSHIP
CONTENTMENT	HOME	STEWARDSHIP
CONTRIBUTION	HONESTY	SUCCESS
COOPERATION	HOPE	SUSTAINABILITY
COURAGE	HUMILITY	TEAMWORK
COURTESY	HUMOR	THRIFT
CREATIVITY	IMAGINATION	TIME
CURIOSITY	INCLUSION	TRADITION
DETERMINATION	INDEPENDENCE	TRAVEL
DEVELOPMENT	INDIVIDUALITY	TRUST
DIGNITY	INITIATIVE	TRUTH
DISCOVERY	INNOVATION	VULNERABILITY
DIVERSITY	INTEGRITY	WEALTH
DRIVE	INTUITION	WELL BEING
EFFICIENCY	JOY	WHOLEHEARTEDNESS
	JUSTICE	WEALTH

ADAPTED FROM DARE TO LEAD BY BRENE BROWN

Success comes through us first before it comes to us

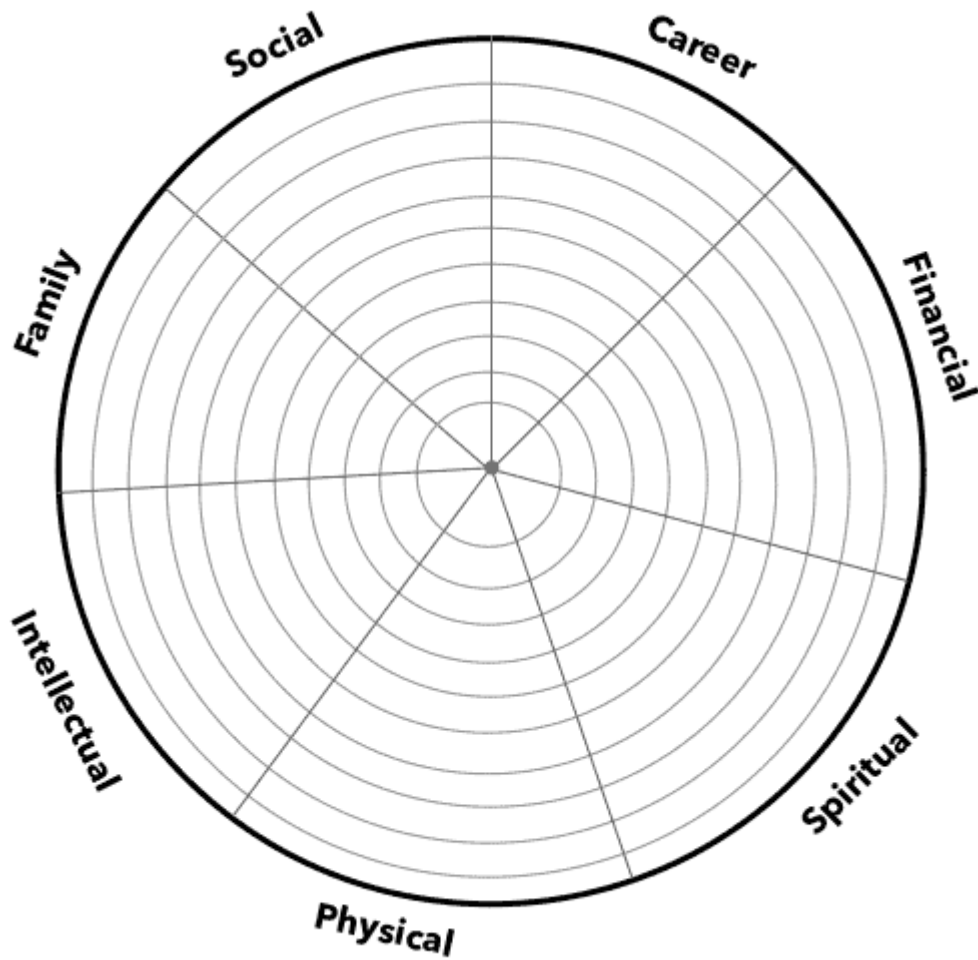
20. What do you have to do every single day in every way to unleash consistency in your daily habits and the power within you?
21. What daily process will you fall in love with?
22. Focus on the one thing you can do every day that can transform you and in turn transform others and your life.
23. What's your LOVE LANGUAGE?

HOW TO SPEAK YOUR PARTNER'S LOVE LANGUAGE

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate and listen actively.	Send an unexpected note, text, or card.	Not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal use of body language and touch to show love.	Hugs, kisses, cuddling.	Physical neglect or abuse.
 RECEIVING GIFTS	Thoughtfulness, make your Spouse a priority.	Give thoughtful gifts and gestures. Express gratitude when receiving gifts.	Unenthusiastic gift receiving, forgetting special occasions.
 QUALITY TIME	Uninterrupted and focused conversations. One on one time is important.	Create special moments, take walks and do small things with your partner.	Distractions when spending time together. Long time without one-on-one time.
 ACTS OF SERVICE	Let them know you are wanting to help, to lighten their load.	Make them breakfast or dinner. Go out of your way to help with chores.	Lacking follow-through on small and large tasks.

The Wheel of Life

To use it, rate each of these areas on a scale from 1-10. This gives you a visual representation of where you are fulfilled and focused and where you need to spend more energy.



“Change the way you look at things and the things you look at will change”

SELF LOVE is a Journey of Self Discovery

Learning to love yourself is a journey of self discovery and exploration.

The relationship you have with yourself is the most important relationship you will ever have.

When you are completely in love with you - self love, acceptance, that's when you are able to have the best relationships with others.

It's about getting crystal clear on your values.

It's about getting crystal clear on what you like and dislike

It's about getting crystal clear on what you want and don't want.

It's about believing in yourself enough that no matter what, you always have your own back and be the biggest cheerleader of you and your life.

Daily Affirmation

"I am already enough, what I need is already within me

Each morning when I wake up

I am grateful for the beauty that surrounds me"