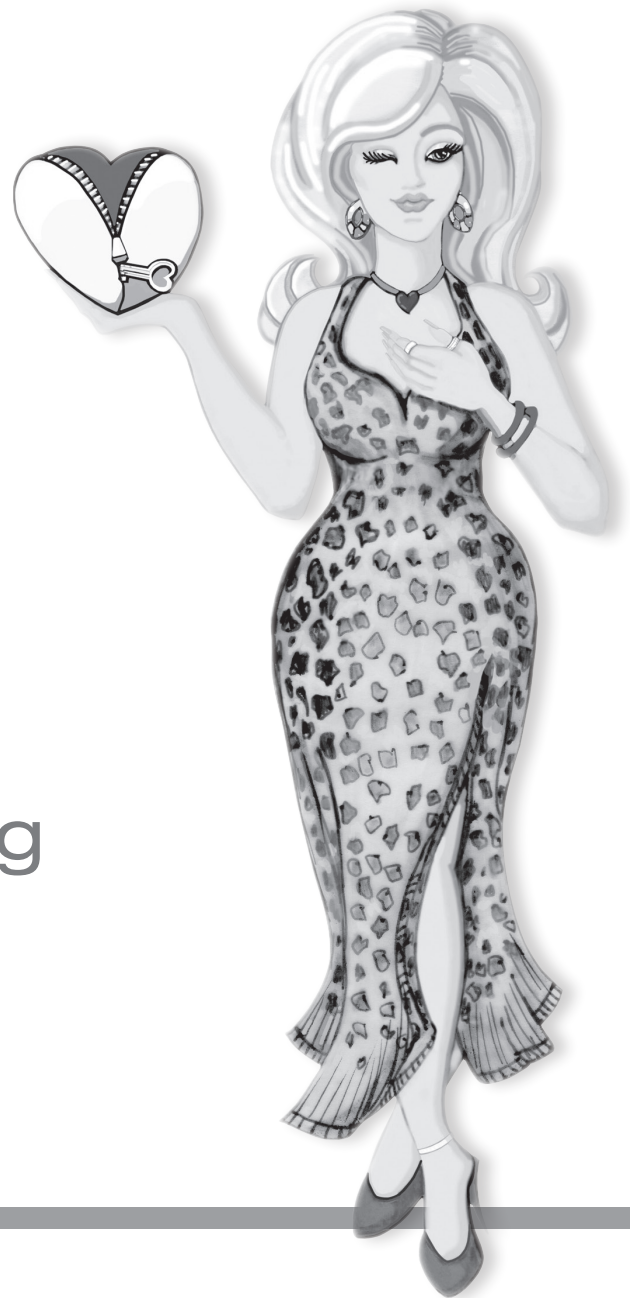


WORKBOOK

# *Feminine Fulfillment*

*for*  
**Women  
over 40**

The key to living  
your heart and  
soul's desires



BY: PAIGE PARKER

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## About the Author: Paige Parker



The Paige Parker

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Paige is mother of two, author of ***Feminine Fulfillment for Women Over 40***, business owner and 32-year professional in the beauty industry. Her background in teaching, social marketing, leading and coaching personal growth and transformational seminars, lead her to writing and guiding women to be able to feel beyond happiness. Paige has accumulated a body of knowledge she uses to assist women in being feminine, celebrated, and successful. Living a life of feminine fulfillment herself, she cracked the code and is giving you the key.

- Realign with your feminine self
- Reclaim your fulfillment and balance
- Re-purpose your life to live your heart and soul's desires
- Balance feminine and masculine energies
- Become the best version of your feminine self
- Your vulnerability is your greatest power
- Discover your "SuperShero" strengths
- How to be Self Full and much more...

<https://femininefulfillmentbook.com/>

<https://www.facebook.com/paige.parker.963>

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We apologize for errors and omissions in the first printing of *Feminine Fulfillment for Women Over 40*. We are striving each day to correct and update the information.



## ► INSTRUCTIONS:

- As you read each chapter, **take notes** and write the Key **Take-Aways**.
- The **Take-Away** is the main point, idea or lesson you want to learn and remember.
- The more you use this workbook as a tool, the more you will discover about yourself.



### ► Chapter One: **The Unspoken Modern Fairy Tale**

<b>Key Take Away:</b>	
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» *Are you under pressure (from yourself or others) to do it all, be it all and have it all?*

Notes: \_\_\_\_\_

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► Chapter Two: **Moments of Impact and Destiny**

<b>Key Take Away</b>	
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» *Take a moment and reflect on Moments of Impact in your life that may have helped shape your destiny.*

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► Chapter Three: **I can Bring Home the Bacon and Fry it up in a Pan**

<b>Key Take Away</b>	
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» *Have you experienced any messes in life that ended up being a great message for you?*

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➤ Chapter Four: **End Phenomenon, Enter Transition**

<b>Key Take Away</b>	
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» *Are you in need of ending an identity that demands you be phenomenal at all times? Do you need to shed or end an “old self” in order to discover what you really desire?*

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➤ Chapter Five: **Finding Your “SuperShero” Feminine Qualities**

<b>Key Take Away</b>	
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» *Let’s discover your own perfect blend of energies.*

**TASK 1:**

- **Ask five people what they believe are your top three qualities** or just ask them what they admire about you. (This might sound a little awkward at first but don’t change the word “admire” in the question to something that seems less awkward). **Fill in the words they use.** If they say “you’re so strong” ask them what they think makes you “strong.”

_____	_____
_____	_____
_____	_____
_____	_____

**TASK 2**

- Tell 5 people that you know, admire or love, what their qualities are that you love and admire about them. Write them down. **Write down the 5 words that you find yourself saying most often.** *Note: what I see in others, I see in myself. It’s a reflection.*

_____	_____
_____	_____
_____	

**TASK 3:**

- Choose and circle **5 of the best SuperShero qualities that describe you and your feminine qualities.** Please do not choose ones that you think you should be. *Choose the ones that you really are inside.*

**SuperShero Strengths: CIRCLE THE TOP 5 THAT MAKE YOU ZING!**

Accepting	Acknowledging	Alluring
Articulate	Available	Balanced
Calm	Caring	Centered
Charming	Clear	Committed Listener
Communicative	Compassionate	Confident
Connected	Courageous	Creative
Curious	Desirable	Ecstasy
Encouraging	Energetic	Enthusiastic
Enticing	Expressive	Feminine
Flirtatious	Free	Fulfilled
Fun	Funny	Generous
Giving	Grace	Gregarious
Happy	Healthy	Heartfelt
Honest	Honoring	Human Spirit
Insightful	Inspired	Inspiring
Intuitive	Inquiry/Inquisitive	Joyful
Kind	Loyal	Loving
Muse	Nurturing	Open
Passionate	Peaceful	Playful
Powerful/Empowered	Present	Purpose Filled
Radiant	Receptive	Resilient
Respectful	Serene	Sensual
Sexy	Silly	Soul-Filled
Spiritual	Sultry	Supportive
Tenacious	Tranquil	Vulnerable

**TASK 4:**

➤ **Write down what you feel are your top 5 feminine strengths.** Your feminine strengths are the ones that come easily and effortlessly. ***Read them all first and then go back and circle the ones that make you zing!***

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



**TASK 5:**

➤ Write down in a few words anything not expressed in the above chart that you would like to explore. We will get back to these shortly and how to discover more.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Notes: \_\_\_\_\_

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► Chapter Six: **Hark the Hormone Angels Sing**

<b>Key Take Away</b>	
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» *Could you be experiencing hormonal imbalances affecting your life?*

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► Chapter Seven: **Heart and Soul Transition**

<b>Key Take Away</b>	
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» *Are you REALLY Open and Available for changes in your life?*

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► Chapter Eight: **My Mess Became my Message.**

<b>Key Take Away</b>	
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» *Can you identify challenges in your life that may actually help you with your realignment?*

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➤ Chapter Nine: **Realign with Your Femininity.**  
**What are your Heart and Soul's Desires?**

<b>Key Take Away</b>	
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<b>The world of human spirit The world of enhancement</b>	<b>The World of Survival/ Masculinity</b>
Femininity	Scarcely
Fulfillment	Adrenaline
Needs	Masculine Energy
Love	Lack
Enlightenment	Survival Thinking
What the world needs from you	Competition
Self-discovery	Fear
Nurturing	Never Enough
Spirituality	Entitlement
Forgiveness	Blame
Clarity	Self-Focused
Peace	Survival Needs
Serenity	Resourceful
Self-love	Target Thinking
Quality of life	Primal
Intuition	Physical
Universal knowledge	
Beauty	
Aligned	

» *Where do you find yourself when you are off balance? Balancing the two energies can be tricky. As you can see they are opposite of each other. One grounded in survival, the other grounded in peace and femininity.*

Notes: \_\_\_\_\_



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➤ Chapter Ten: **The Boogey Woman Inside Your Head**

<b>Key Take Away</b>	
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**TASK 1:**

➤ Write three things that the boogey woman is always saying to you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**TASK 2:**

➤ What does the boogey woman say you are not enough of?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**TASK 3:**

➤ *What does the boogey woman say you should be like?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**TASK 4:**

➤ *What does the boogey woman say you are too much of?*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Notes: \_\_\_\_\_

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► Chapter Eleven: **Vulnerable is the New Strong**

<b>Key Take Away</b>	
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» *Are you willing to be open enough to give your heart and soul what it really wants?*

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➤ Chapter Twelve: **The Road to Re-Alignment**

<b>Key Take Away</b>	
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» *It's time to set yourself on the road to your Re-Alignment!*

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► Chapter Thirteen: **Being Self-Full**

<b>Key Take Away</b>	
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» *Discover and Re-Align your Self-Love, Self-Esteem, Self-Value and Self-Confidence.*

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► Chapter Fourteen: **Re-purpose All Is Well**

Key Take Away	
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» *Define what your true purpose is in life and start living it.*

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