

# JOURNALING PROMPTS

FEMININE  
POWER

REALIZE -STEP THREE

REFLECT ON MOMENTS IN YOUR LIFE WHEN YOU FELT MOST ALIGNED WITH YOUR FEMININE ENERGY. WHAT WERE YOU DOING? HOW DID IT FEEL?

CONSIDER ANY SOCIETAL BELIEFS OR EXPECTATIONS THAT MAY HAVE INFLUENCED YOUR PERCEPTION OF FEMININITY. HOW HAVE THESE BELIEFS SHAPED YOUR IDENTITY?

IDENTIFY ANY AREAS OF YOUR LIFE WHERE YOU FEEL A DISCONNECT FROM YOUR FEMININE ESSENCE. WHAT FACTORS CONTRIBUTE TO THIS DISCONNECT?