

FEMME FLOW

LIST

The intention of the Femme Flow List is to assist you in your daily flow and to allow you to remain in sync, aware of each of your Femme Types.

Deeper still the Femme Flow List (F.F.L.) becomes a support system for your entire life that allows you as a woman to be fulfilled.

So often we get caught up in the “doing” and truth be told we are not even doing the right things. We still end our day feeling the “to do” list has grown and we cannot catch up.

The Femme Flow List is not a tally or a delegation list.

The F.F.L. allows you to go inside every morning and quite simply intend your day as you would have it.

And through this daily practice you will create YOUR beautiful life.



The entire F.F.L. process takes less than 20 min. An average of 10 min in the morning and 10 min in the evening.

Below you will find simple instructions to guide you through the F.F.L. This system will love you as you love it.

Every morning this is a part of my personal process and it continues to amaze me. It supports me in who I am becoming, what I choose to enjoy each day and what I require to do.

I invite you to get a gorgeous journal for your Femme Flow Process, but don't let having the 'perfect' journal hold you back.

I've included something to assist you in getting started at the end of this document...



MORNING ROUTINE

STEP 1

Have your F.F.L. next to your bedside as you awake in the morning.

Before you truly “wake up” allow yourself to connect with your Indie. See if you can connect with how you feel, you will still be in a part dream like state.

What were your dreams?

Anything significant that came through?

Just BE in the moment of waking.

DO NOT reach for your iPhone or immediately jump out of bed and rush to the alarm.

Just BE.

MORNING ROUTINE

STEP 2

Allow a gorgeous sensual breath and reach for your F.F.L., now ask your Indie, "Who do I require to BE today?"

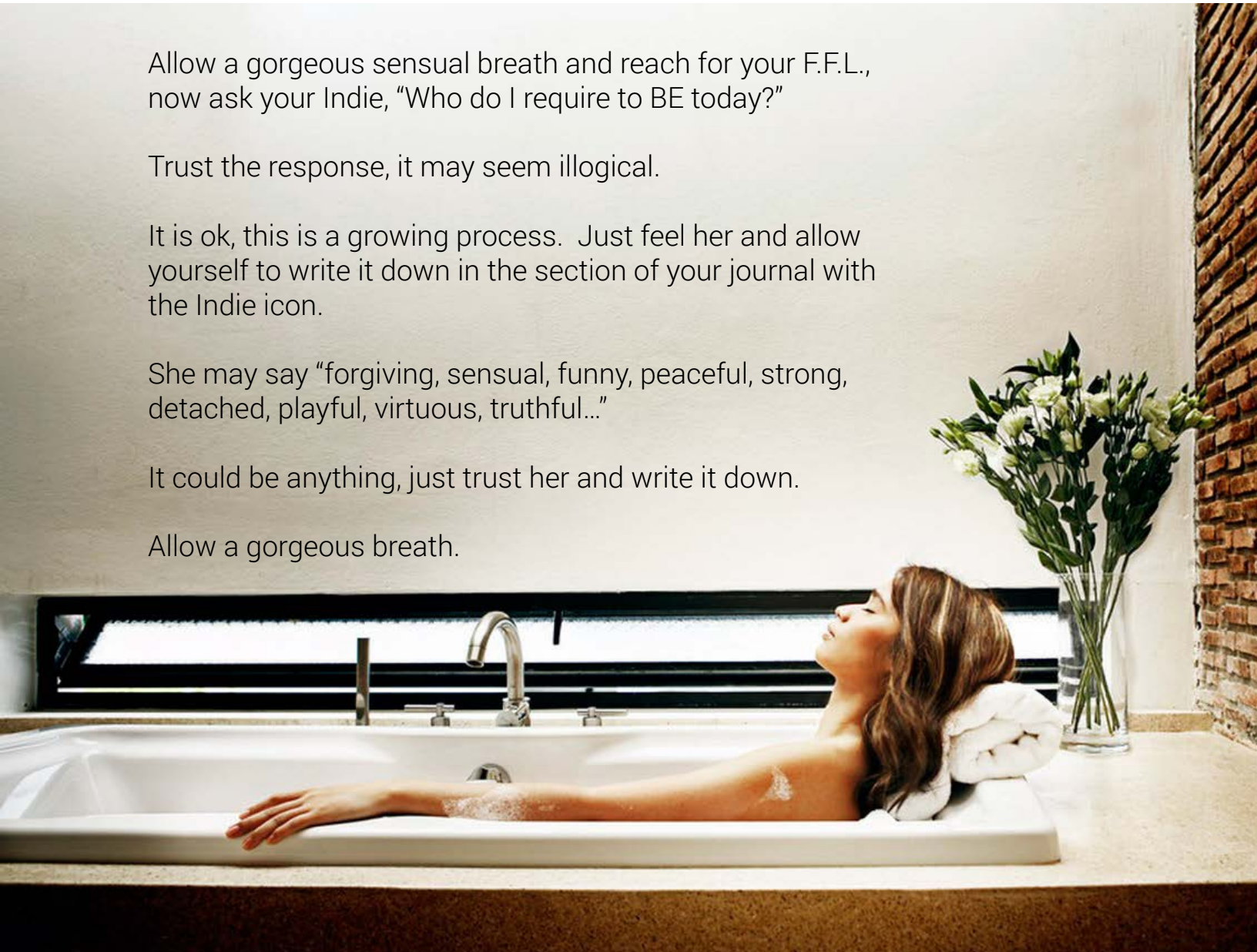
Trust the response, it may seem illogical.

It is ok, this is a growing process. Just feel her and allow yourself to write it down in the section of your journal with the Indie icon.

She may say "forgiving, sensual, funny, peaceful, strong, detached, playful, virtuous, truthful..."

It could be anything, just trust her and write it down.

Allow a gorgeous breath.



MORNING ROUTINE

STEP 3

Next ask your Frenchie, “What do I want to enjoy today?”

Be open to your Frenchie’s response, being more than just a manicure or pedicure (although those are great;) your Frenchie may say, “A cup of tea, my child’s hug, a walk outside, breathing fresh air on my balcony, calling my mom, my sons soccer game, sex with my spouse today.”

You want to stay with this energy until you have something tangible that at the end of the day you will

have known you have enjoyed.

So if your Frenchie says “I want to enjoy laughing”, you will be aware of laughing that day. If she says I want to enjoy my husband, ask her HOW she wants to enjoy him. Maybe she wants to enjoy listening to him, playing with him, hugging him, etc.

Then write down what you are going to enjoy that day. Again trust, it is important to write it down. This is not a process that can be done in your head.





MORNING ROUTINE

STEP 4

Now it is time to ask your New Yorker her question, she will be addressed last.

Why?

Because if you start with her you will be in delegation mode and you require to have the foundation of the Indie and be focused on enjoyment before you even think about doing. ;)

I know this is very different than what most of us have been taught and it is why 98% of women are stressed, overwhelmed and feel unfilled at the end of the day.

You then ask your New Yorker what is the 1 thing I require to do today?

Now wait before you say, "Tara that is not possible. I have to do more than 1 thing a day..."

Yes we all require to do more than 1 thing in a day, however we fool ourselves by keeping busy with a

lot of unimportant tasks and we tend to avoid every day the 1 thing that will allow us to feel fulfilled and accomplished.

Trust your New Yorker.

She may say, "Your taxes, call that client, that email, take your walk."

It is not uncommon that your New Yorker will mention something that you have put on the back burner multiple times.

We have a powerful ability to hide things from ourselves.

Your New Yorker (your true New Yorker) knows the 1 thing you require to DO that will free the most energy for you.

It may or may NOT have anything to do with your business.

Trust her.

MORNING ROUTINE

STEP 5

You now have 3 things written down, who you require to BE, what you require to ENJOY and what you require to DO that day.

To anchor your day and to infuse it with your sensual essence you now require to set your intention for the day.

Write down My intention is...Infuse your intention with who you are being in that day, open up to each FemmeType and create an intention that inspires you.

As an example, my personal intention for today is:

“My intention today is to become one with the earth and her beauty, to elegantly and easily infuse the nature of beauty into everyone I come in contact with today”

Now...do the 1 New Yorker action.



AHHH...
HOW DOES
THAT FEEL?

GREAT, RIGHT?

Your morning routine is now complete and you have already accomplished “more” than most people do in a month.

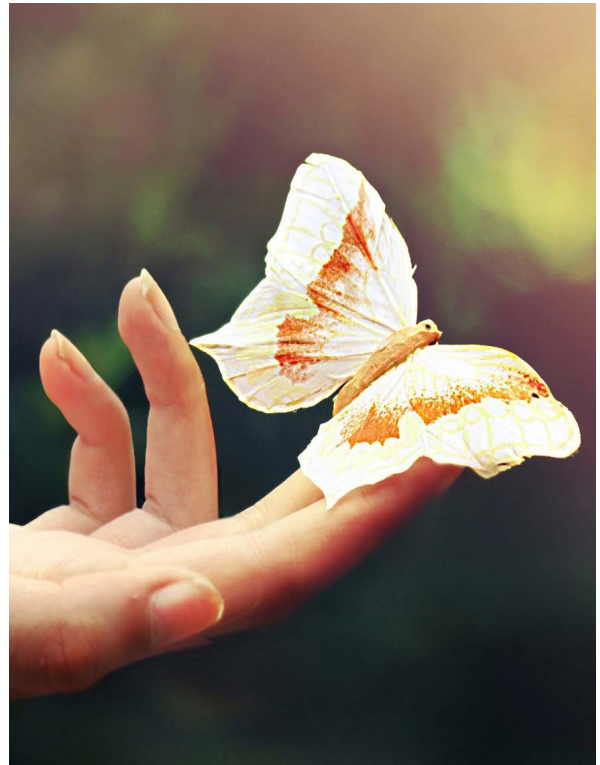
You are already on purpose;
keep your F.F.L. on your nightstand to return to later.



EVENING ROUTINE

STEP 1

Before you go to bed (or while you are in bed which is what I do) take your F.F.L. from your nightstand. Open it and review what you wrote in the morning and then follow the next steps.



Write down 5 things you are so grateful and so thankful for. DO NOT do this in your head; these are to be written down. You may say

"I am so grateful and so thankful for the yellow butterfly that beckoned me outside today" or *"I am so thankful and so grateful that I spent quality time with my son"*, etc. Write down what feels good to you about your day.



EVENING ROUTINE

STEP 2

Now you are going to set your bedtime intention.

The purpose of the bedtime intention ;) is to allow you to process/release anything you require during the gorgeous unconscious hours when you are least resisting and to call upon the power of the universe and source to assist you. I utilize my bedtime intention to assist me in whatever area of my life I need help with or feel I need extra support or assistance. Here are some examples of bedtime intentions:

Ex: My bedtime intention is to release any non-serving energies that may be getting in my way of fully expanding into the power of EFl deus.

Ex: My bedtime intention is to call upon the energy I require to expand more fully into a deeper space of loving with Dave and the boys.

Ex: My bedtime intention is to allow 1 thing to come through that I can easily remember and implement, that will shift the relationship I have with Dominic into a deeper connection and bond of love and trust.

Y

ou will grow with your bedtime intentions and they will become more personal and more exciting to you.

Imagine waking up in the morning with “things” being cleared throughout the night.

Fabulous right?

You want to be aware of your dreams.

We receive answers to our intentions many times through dreams.

Instead of analyzing your dreams piece by piece what I suggest you do and what works for me is to see how I am feeling in the morning? How am I relating to my dreams from an emotional space? Do I feel threatened, happy, peaceful or more alive? All of these can then be indications of what you have processed through your bedtime intentions.

Be consistent with your F.F.L. Let this become an integral part of your day. You are focusing on your own desires. This process will assist you in freeing yourself from judgment and the demands of others and society. This is your life, it is crucial for you to know how you are wanting to live it and feel gratitude from a new space.

The Femme Flow List has changed my life and I share it with you in the purest intention, that this will allow you as a woman to find solace, confidence, inner knowing and gift yourself permission to ENJOY.



With limitless love and beauty,

Jana