

With Tara Marino

ElegantFemme.com

EPISODE 03

Sunday, March 20th

Episode 03: The FemmeTypes

‘Whenever you’re moving into the next version of your own Beautiful Soul-Led life, you must increase your capacity to receive more goodness.’

Which FemmeType are you relating to the most?

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Which FemmeType do you feel you are needing the most in your life right now?

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REMINDER

“You do not need to be going into cycles of overindulgence or deprivation. This is really about you honoring all of you.”

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Why are you here? (on this planet;)



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What stops us from living our Beautiful Soul-Led life?

1. _____

2. _____

3. _____

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Which fear feels the BIGGEST for you?

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How do you react when you are out of sync? (i.e silent treatment, anger, overspending, overeating?) What is your biggest default at this point in your life?

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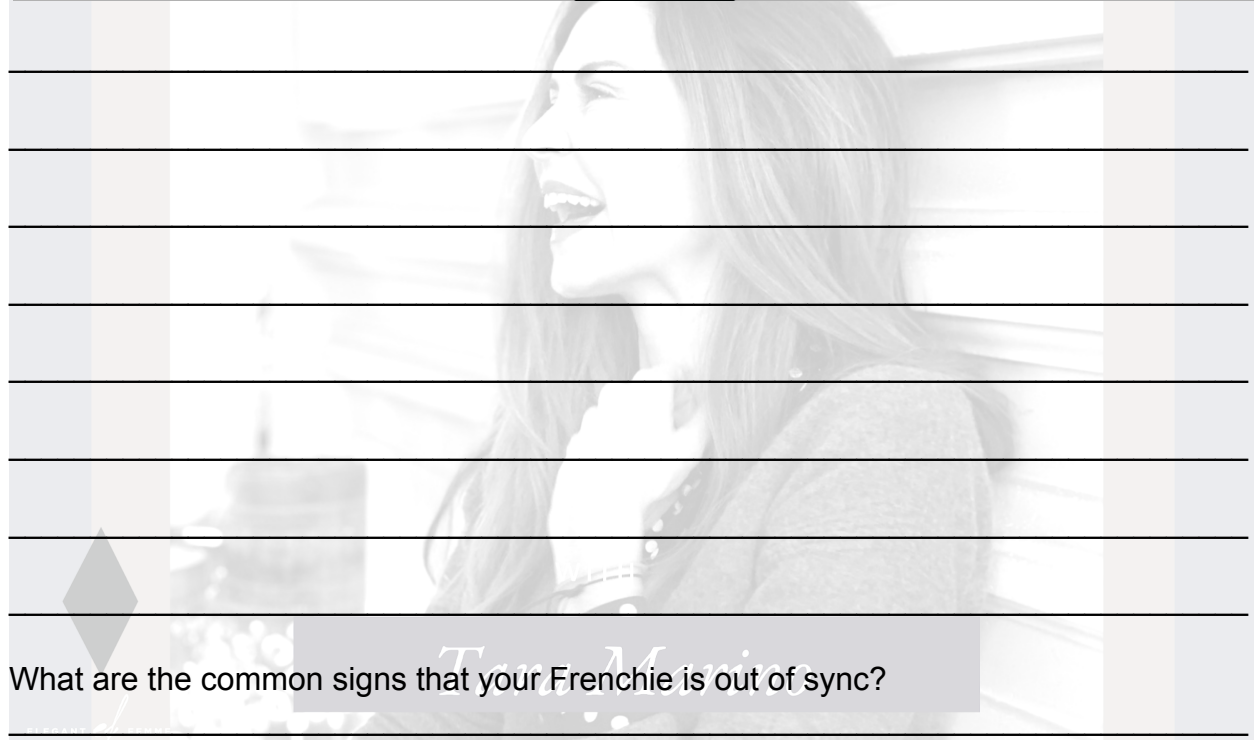
What are the common signs that your Indie is out of sync?

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What are the common signs that your Frenchie is out of sync?

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What are the common signs that your New Yorker is out of sync?

What is an aligned action you would like to take to honor each of your Femme Types this week?

1. 

2. 

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3.

NOTES:

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