

Self Empowerment - The balance of our energies
- Week Seven



Qualities



Masculine

Passionate
Active
Purposeful
Mind centered
Practical
Dynamic
Determined
Focused
Logical

Feminine

Attracting
Trusts intuition
Creative
Rests & nurtures
Joyful
Flowing
Receptive
Soft & flexible
Imaginative

Loving

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Shadow Traits



*'Shadow work
is the path of
the warrior'*

Masculine

Coldhearted
Arrogant
Lack of emotion
Egotistical
Bully
Disconnected
Selfish
Ruthless
Deceitful
Stubborn

Feminine

Needy
Over sensitive
Indecisive
Obsessive
Vain
People pleaser
Manipulative
Spiteful
Jealous
Martyr and victim

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Self Empowerment



Loving and respecting my Feminine Energy

What percentage of your time is spent listening to and respecting your feminine energy?

How creative is she?

What makes her happy?

What makes her heart sing?

What would she do if she truly followed her heart?

How would she nourish herself deeply?

What one word describes her best?

What food, exercise, habits would she have?

What is her personality like?

What are your shadow feminine traits that you wish to accept and learn to master?

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Loving and respecting your Masculine Energy

What percentage of your time is spent listening and respecting your masculine energy?

What is her personality like?

What quality of life does she enjoy?

What sort of challenges does she enjoy?

How much she does believe she is capable of?

What are her strengths?

What food, exercise and habits does she love?

What would she do to energise herself?

What would she do if she wasn't afraid?

What are your shadow masculine traits and how can you learn to master them?