

Live Your Fully

P R E M I È R

MODULE 3 TEMPLATE



Reflection Time

REVIEW OF MODULE 2

Did you take the time to complete Module 2 and answer the questions?

Did you allow yourself to complete the Daily Requirements?

How are you relating to yourself this week?

Reflection Time

REVIEW OF MODULE 2

What has begun to shift for you?

How does it feel to begin to honor your Sensual Circle?

Has any resistance shown up for you? If yes, what is it?

How is it showing up?

Receiving

MODULE 2

HOW TO INCREASE YOUR ABILITY TO RECEIVE WITHOUT GUILT. AWAKEN YOUR BEING WITH
YOUR INDIE FEMMETYPE™

There is a lot of confusion around Receiving.

Have you ever heard: *"It is better to give than to receive"*?

How has that phrase enabled you to become a "doer"?

In what ways do you currently feel you are GIVING?

How can you begin to RECEIVE instead?

A CLOSER LOOK AT THE

indie

GIFTING and RECEIVING are all about balance.

**BALANCING THE ENERGY THAT IS COMING
IN AND GOING OUT IN YOUR LIFE.**

BALANCE

What does balance really mean from an Indie perspective?

THE INDIE: RECEIVING & CONFIDENCE

To open yourself up more fully to the Sense of Receiving, you must have the confidence and self-trust of the **Indie**.

Many women attempt to receive with the energy of the **Frenchie** (enjoying).

If you do not have the capacity to receive on a deeper level, you will block your Frenchie from fully enjoying what is present for you and find yourself back in a resentment space with an over-compensating **New Yorker**.

The Indie is who you are **BEING**.

Who do you require to BE to allow yourself to receive the things you are truly wanting in your life?

The energy of your Indie will allow you to RECEIVE.

The Indie allows you to remain in the eye of the storm and observe from a higher level.

She assists you with your inner state of “knowing.”

THE POWER OF SENSUALITY

What do we mean when we say Sensuality?

Where do you connect with Receiving?

WHERE DO YOU CONNECT WITH RECEIVING?

Where is the Power of Sensuality found in your body?

WHAT IS THE DIFFERENCE BETWEEN...

THE ENERGY YOU ALLOW FOR RECEIVING IS...

vs.

THE ENERGY YOU USE IN TAKING IS...

LET'S EXPLORE THIS

Receiving Energy is:

Open

Abundant

Expansive

Taking Energy is:

Scarcity Driven

Very in Lack

Chasing Energy

How can you begin to enhance your Sense of Receiving?

7TH SENSE: SENSE OF RECEIVING

Receiving input from all your senses is how you begin to open up your Sense of Receiving.

Do I really listen when someone is speaking to me? Do I allow myself to receive what they are really saying?

Do I allow myself to receive my own feelings when they arise or do I ignore them and try to change them?

Do I receive messages from my body, my physical sense, or do I ignore those?

Where do I require more receiving?

In what areas of your life are you prepared to receive more fully? Choose all that apply:

Relationship with spouse

Relationship with children

Money

Pleasure

Self-worth

THE ONE SHIFT THAT WILL CHANGE
YOUR PERCEPTION OF RECEIVING FOREVER.

GIVING VS. GIFTING

Think about how you currently expend energy. Do you always feel like you are giving?

Giving can be a classic sign of overcompensating.

Start using the word GIFT instead of give and experience the shift.

IT IS TIME TO RECEIVE

What are you identifying with in your life right now that is no longer aligned with who you require to be?

How is this stopping you from receiving what is calling you in your life?

How is it making you feel?

What judgements have you been holding against pleasure?

WHY ARE YOU BLOCKING YOURSELF FROM RECEIVING NOW?

Think back to how many times this week you have pulled yourself into the future or back to the past. You can't receive something in the future or past. What is it for you... what do you feel you need to receive to allow yourself to move forward?

How are you stopping yourself from receiving the present?

Why are you letting this stop you?

RECEIVING EXERCISE

Now create three " I AM " statements for YOUR Indie about who you are being or what you are receiving:

01

02

03

ACTION STEPS

- Continue with the daily requirements
- Go through the module and complete the template
- Complete the "Receiving Exercise"
- Post your insights in our Live You Fully Premier Facebook Community
- Make sure you submit your homework to: homework@elegantfemme.com

You are doing fantastic!

NEXT WEEK:

PLEASURE...

Discover and define what pleases YOU.
Awaken your ability to ENJOY with your

frenchie
FEMMETYPE™

*Bisous,
Sara Ann*

Notes