The background of the entire image is a dense field of light pink roses. Each rose is covered with numerous small, clear water droplets, giving it a fresh and dewy appearance. The lighting is soft, highlighting the texture of the petals.

My
Sensual
Feminine
Energy
Journal

thefeminineenergy.com

My Sensual Feminine Energy Journal



DAILY FEMININE AFFIRMATION

I am beautiful the
way I am and I
am unique in my
feminine energy

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Breath before writing:



My Sensual Feminine Energy Journal

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Take a Bubble Bath

Indulge in a calm and luxurious bath.

Add Epsom salts to your bath
to gently relax your whole body.

If you are a fan of essential oils, then
make sure you add some of those
to your bath as well.



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DAILY FEMININE
AFFIRMATION

My feminine
energy is
personal
and unique,
just like me

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Go for a Manicure and Pedicure.

Doing a manicure and pedicure will not only make your hands and feet look amazing, but it will make you feel amazing!

It is a great way to cultivate your femininity and also a great way to take care of yourself.



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Get enough sleep

Getting 7 to 9 hours of sound sleep is essential for the vitality and health of your body, mind and spirit.

Also make sure you take a 20 minute nap during the day. It will do wonders for your energy!



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DAILY FEMININE AFFIRMATION

I have high
standards and
I accept nothing
but the best
for me

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Get Your Body Moving

Make it a habit to indulge in at least 30 minutes of body movement every day.

You can go for a walk, hit the gym, dance at home or even do some light stretching. It all depends on your mood and circumstances.

When you move your body, your body releases a number of chemicals, mainly endorphins, which are famously called the feel-good neurotransmitters.



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DAILY FEMININE AFFIRMATION

My feminine
energy has
always been
within me and
I am connecting
with it



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Set Aside Some “me-time”

You need to carve out some time for yourself
in your everyday routine.

This can be when you kids are asleep or at school,
when you get home, or when you wake up.

In your me-time, you’re going to indulge in any
activity that relaxes your body and mind.



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DAILY FEMININE AFFIRMATION

I force nothing
to happen, I just
allow everything
to come to me
effortlessly



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Eat Healthy

It's nice to indulge in delicious treats, but make it a habit to eat healthy food on most days.

When you nourish your body with fresh foods like vegetables, protein, fruits and healthy fats, your energy will be higher, your body will maintain a normal weight and you'll feel and look amazing!



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DAILY FEMININE
AFFIRMATION

Self-love is
the basis of my
feminine energy
and I am
my priority



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Practice Gratitude

Spend a few moments expressing appreciation
for the day's lessons and blessings.

To cultivate a positive attitude, write down three
things you are grateful for.



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DAILY FEMININE AFFIRMATION

My needs are
valid and important,
and I only relate to
people who treat
them as such.



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Walk Around Nature

Take regular barefoot walks in nature, letting the sights, sounds and scents rejuvenate your senses.

Practice grounding exercises like Earthing: standing barefoot on the grass, to release and soak up the energy of nature.



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DAILY FEMININE AFFIRMATION

I take good
care of myself,
physically,
emotionally
and spiritually



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Connect to Your Womb

Emotional healing is an integral part of the womb healing process. Our womb carries not only physical but also emotional markings.

Exploring and releasing any emotional wounds or trauma stored in your womb is essential. Seek help from therapists, energy healers, or holistic counselors specializing in women's health.

You can make space for new possibilities through emotional healing and regain your feminine power.



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DAILY FEMININE AFFIRMATION

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to happen, I just
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Express Your Creativity

Engage in creative activities that work for you,
such as painting, writing, or dancing.

Through the arts, you can express your
deepest thoughts and feelings, and connect
to your feminine creativity.



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DAILY FEMININE
AFFIRMATION

My feminine
intuition is
the compass
of my life



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Connect With Your Intuition

Practice visualization exercises like meditation or reading oracle cards to strengthen your connection with your inner wisdom.

Listen to your gut instinct and trust your intuition, so you make decisions that match who you are.



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DAILY FEMININE
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Connect To Your Sensuality

Feeling sensual is key for a feminine woman.

And sensuality needs to be cultivated daily if you want to feel sensual in your feminine energy.

Do things like: sleeping in silk sheets, wearing lace lingerie, doing a full body massage, dance to sensual music, taking a bubble bath, indulge in luxurious chocolate.



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DAILY FEMININE
AFFIRMATION

I honour who
I had to be
in my past,
I welcome who
I want to be now



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Cultivate a Skincare Routine

Taking care of your skin is an essential part of enhancing your femininity.

Create a skincare routine that includes gentle cleansing, toning, and moisturizing for your skin type.

Invest in high-quality skin care products with natural ingredients and pamper yourself with masks and serums that promote a healthy glow.



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DAILY FEMININE
AFFIRMATION

Embodying my
feminine energy
is the healing
I need



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Buy Fresh Flowers

Bring the beauty of nature indoors by displaying fresh flowers in your home.

Whether it's a single spike in a delicate vase or a lavish floral centrepiece, the presence of flowers will infuse your environment with femininity and create a vibrant atmosphere.



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DAILY FEMININE AFFIRMATION

I feel sensual,
awaken, alive,
passionate and
joyful when
I am in my
feminine energy



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Surround Yourself With Soft Home Lights

Create a warm, inviting atmosphere by incorporating soft lighting into your living space. Choose lamps with soft and diffused light, a fireplace or garlands to add charm.

The warm light will create a soothing atmosphere that promotes relaxation and serenity



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DAILY FEMININE
AFFIRMATION

I say yes and
no easily with
no explanations
or excuses



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Surround Yourself With Wonderful Scents

Incorporate scented candles, essential oils, or a reed diffuser with floral scents like rose, jasmine, or lavender throughout your living space.

The delicate scents will calm you down and give your surroundings a touch of luxury.



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DAILY FEMININE
AFFIRMATION

I am grounded
in my feminine
energy and
my peace is
my priority



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