



#### Breath before writing:



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:

#### 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.



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations:

# 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.



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

today?
Today's Affirmations:

#### 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!



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:



	Date
How do I feel today?	
What challenges I have been throu	gh today?
What I am grateful for today:	
	?

What other emotions I need to express today?
Today's Affirmations:



#### 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.



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations:



	Date
How do I feel today?	
What challenges I have been throu	gh today?
What I am grateful for today:	
	?

What other emotions I need to express today?
Today's Affirmations:

#### 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.



	Date
How do I feel today?	
What challenges I have been throu	gh today?
What I am grateful for today:	
	?

today?
Today's Affirmations:

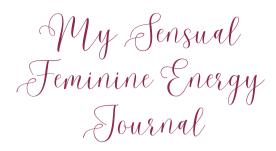


I force nothing to happen, I just allow everything to come to me effortlessly



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:



#### 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!



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:



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

WWW.THEFEMININEENERGY.COM

Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations:

#### 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.



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:

# DAILY FEMININE AFFIRMATION

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

WWW.THEFEMININEENERGY.COM

Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

today?
Today's Affirmations:

#### 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.



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:

#### 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.

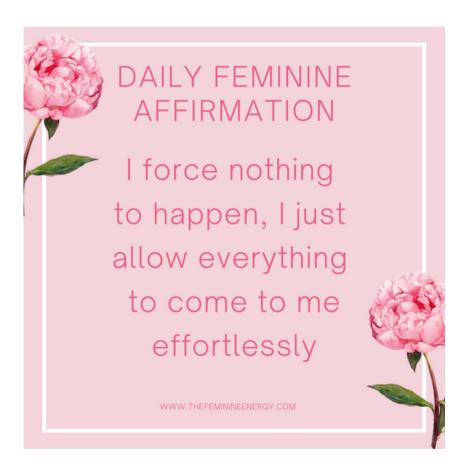
Exploring and releasing any emotional wounds or trauma stored in your womb is essential. Seek help from therapists, energy healers, or holistic counselors specializing in women's health.

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



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations:



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:

#### **Express Your Creativity**

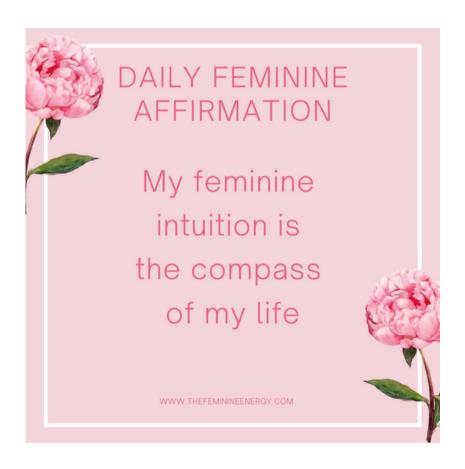
Engage in creative activities that work for you, such as painting, writing, or dancing.

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



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

today?
Today's Affirmations:



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:



#### Connect With Your Intuition

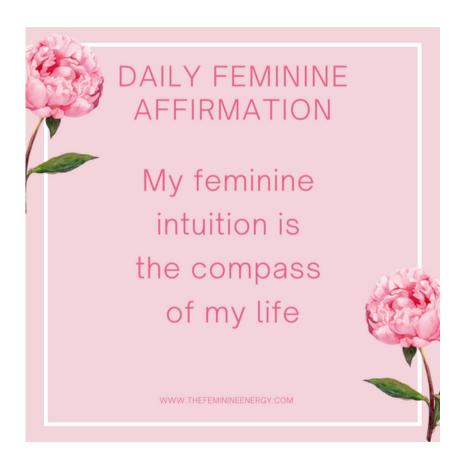
Practice visualization exercises like meditation or reading oracle cards to strengthen your connection with your inner wisdom.

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



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations:



#### 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.



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

today?
Today's Affirmations:



#### 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.



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:

#### 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.



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations:



Date	
How do I feel today?	
What challenges I have been through today?	
What I am grateful for today:	
What do I want to tell myself today?	

What other emotions I need to express today?
Today's Affirmations:

# 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



	Date
How do I feel today?	
What challenges I have been throu	gh today?
What I am grateful for today:	
	?

today?
Today's Affirmations:



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

What other emotions I need to express today?
Today's Affirmations:

# 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.



	Date
How do I feel today?	
What challenges I have been throu	gh today?
What I am grateful for today:	
	?

What other emotions I need to express today?
Today's Affirmations:



Date
How do I feel today?
What challenges I have been through today?
What I am grateful for today:
What do I want to tell myself today?

today?
Today's Affirmations: