

# EMPOWERMENT®

## Bond Grrl Coaching Cards Personal Bond Girl Card

Where do you find yourself saying "I can't?" Those beliefs will resonate through your life and keep you stuck. Start by identifying one negative belief. Write it down, then write down the opposite, positive belief and the feelings you truly desire to have in your life.

Empowerment means getting the feeling right first, then the actions will come. Set aside time and space to resonate with whatever feelings you passionately desire (abundance, joy, calm, etc.) and to create a little virtual reality where you can feel yourself in this state. Your responsibility is to stay present, feel, and resonate your gorgeous Bond Grrl self. For 5-10 minutes a day – feel it, and trust. Don't dwell on the past, or obsess about the future. Stay in the Now and let your new optimism deliver the results.



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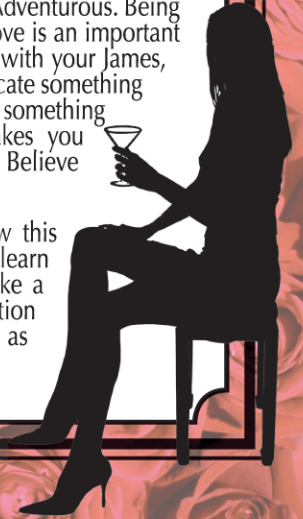
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## Bond Grrl Coaching Cards My James Card

Communication is key to any interesting, active, exciting, connected relationship. And, good communication makes good sex. When it comes to communicating what works, what doesn't (be gentle!), and what might be fun to try?

This week make it a point to learn one new thing about your James (and vice-versa). Be Adventurous. Being adventurous with the one you love is an important way to keep the spark alive. Sit with your James, look into his eyes and communicate something fun and new with each other — something you enjoy, something that makes you happy, that gives you pleasure. Believe me, you can do this for years!

Or opt to share something new this week with a close friend and learn something new about them. Take a risk and enhance your connection and communication. And, as always, ENJOY!



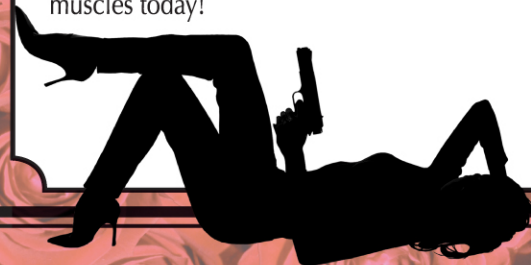
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## Bond Grrl Coaching Cards Livin' La Vida Bond Grrl — Lifestyle Card

So, today is *Suspension of Judgment Day!* Your goal is to remove yourself from the act of judging others, things, and yourself. This can be a challenge, but I know you can do it! Draw upon your Inner Bond Girl. When you find yourself categorizing others, you are prejudging them. Thinking that things "are this" or people "are that" — that's judging. *Even if that person is you!*

Today is the day to peel off the labels from that stack of magazines and take them to a homeless shelter, or go to a worship service of a different religion, or come up with points that support the OTHER political candidate. It's all perspective. Open your mind and flex your non-judgmental muscles today!



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## Using your Bond Grrl Coaching Cards Instructions

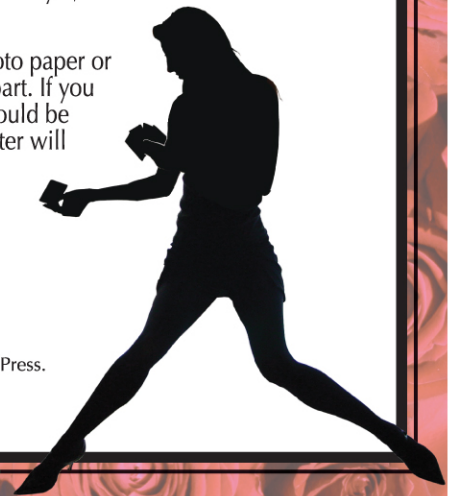
This page has three different Bond Grrl Coaching Cards from the *Fempowerment® — Unleashing Your Inner Bond Girl* Coaching Program designed to support you through the program this week.

**Personal Bond Grrl Cards** are designed for your own personal development

**My James Cards** are designed for the support of your James (or someone special) and the enhancement of your relationship

**Livin' La Vida Bond Grrl — Lifestyle Cards** encompass all aspects of a Bond Girl's lifestyle, her inner world and her outer world.

Print out your cards on photo paper or card stock and cut them apart. If you have a color printer that would be best, but if not, a laser printer will work fine.



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