

EMPOWERMENT®

Bond Grrl Coaching Cards Personal Bond Girl Card

Contracts can help you facilitate the process of making things happen in your life. What's one thing that you can do that will greatly improve your life? Pay off debt? Eat healthy? Exercise? Go to www.likemindspress.com/bgcontract. You will find a free contract template. Whatever your goal(s), fill out your contract and commit to yourself that by X date you will accomplish the following thing(s) — and then write it down. Start with one thing today, you can always add more to your contract later. It has to be a positive, passionate, heartfelt contract within the bounds of realism. Stretch, definitely. But be realistic. Keep the action and the time congruent. You want this to be a success.

Now go for it. And Enjoy!!!



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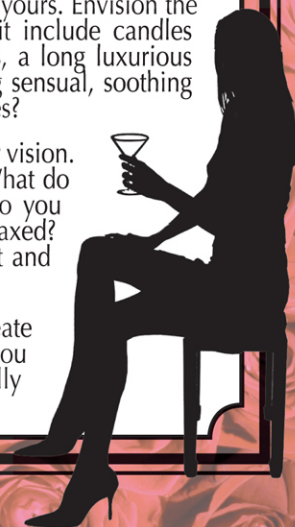
Bond Grrl Coaching Cards My James Card

The Bond Girls know how to set the mood for their James and for themselves.

Whether it's setting the mood for your James in anticipation of a romantic evening, or preparing for a relaxing, soothing and sensual evening for yourself, the responsibility is yours. Envision the perfect environment. Does it include candles and low lighting, tasty treats, a long luxurious bath, a massage, the alluring sensual, soothing aromas of lavender and spices?

This is your creation and your vision. How do you want to feel? What do you want to accomplish? Do you want to feel sensual? Relaxed? Soothed? Excited? Envision it and then create it.

Your action this week is to create that special environment for you and your James, or especially for you. Either way, ENJOY!

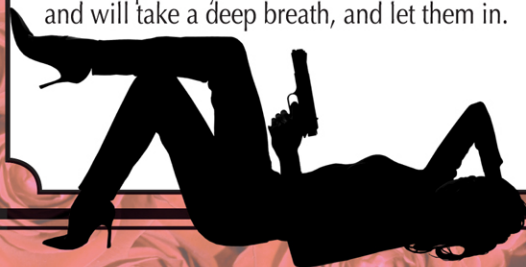


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Bond Grrl Coaching Cards Livin' La Vida Bond Grrl — Lifestyle Card

It's "Love Beams" meditation time. Take ten minutes today and concentrate on getting your "love beams" going. Imagine sending those colorful, juicy, fun, funky, sensual beams of light out into the world. Visualize them. What color are they? They are fun, exciting, wiggly and jumpy! Allow them to emanate from your heart. They want to get out and "infect" the world! So get ready to send them out to other hearts around the world. First, fill your body with them. Then, fill your room. Next fill the building and then the city, state, country, and even see your love beams around the whole Earth. Know that someone, somewhere, who is in quiet desperation will feel the whisper of your Love Beams in their heart, and will take a deep breath, and let them in.



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Using your Bond Grrl Coaching Cards Instructions

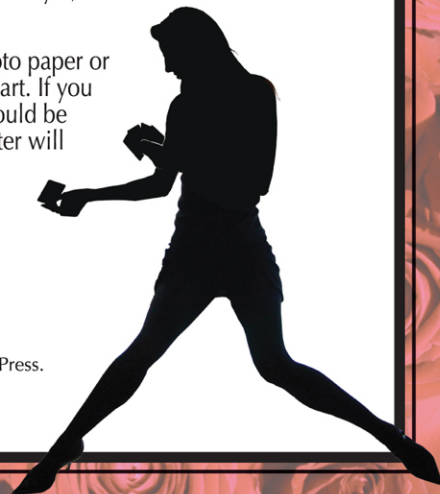
This page has three different Bond Grrl Coaching Cards from the *Fempowerment® — Unleashing Your Inner Bond Girl Coaching Program* designed to support you through the program this week.

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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