

FEMPOWERMENT®

Bond Grrl Coaching Cards Personal Bond Girl Card

Although at times we are all victims of circumstance, Bond Girls do not have a Victim mentality. Bond Girls don't blame others for their circumstances even when circumstances are pretty bad. Since they take responsibility for their own lives, they are able to seize an opportunity when they see one, and they don't look back, except to learn and grow.

Allow yourself to see one experience in your life, past or present, where you may have allowed yourself to feel victimized. We all have them, so keep looking. Don't judge it, just recognize it. Now consider how you can revisit that situation in your mind so as not to feel victimized. How can you empower yourself by viewing that situation differently? Go Bond Girl, Go!



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Bond Grrl Coaching Cards My James Card

It's time to think about doing your best to make your "James's" life a bit easier. It's a matter of priorities. One way is to drop that competitive attitude at the door. Your home will be better for it.

This week, do your best to find one way (or more) to be more loving and supportive of your James. What does he need? This is not about being a doormat. It is about exploring ways you can provide something loving, supportive, caring and positive to your James's day.

Does he need to feel safe? Supported? Loved? Wanted? Would it make him smile to find a sexy note on his pillow or a loving card in his briefcase? Would he appreciate being asked what was challenging about his day and then having the space to safely share his day with you?

Think about it and take action!



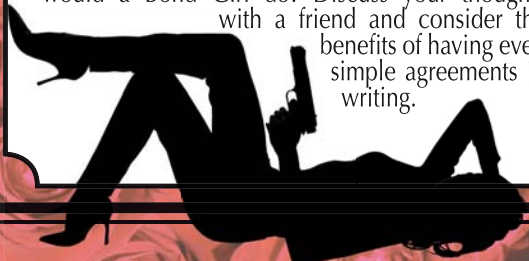
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Bond Grrl Coaching Cards Livin' La Vida Bond Grrl — Lifestyle Card

We all do better when communication is clear. The clearer, the better. We've all had experiences where we remembered an event or agreement one way, while the other person's recollection was far different. Sometimes it doesn't matter. Sometimes it does. When things go well, it reinforces the idea that we don't need to have agreements in writing. It's only after a conflict that we think, in retrospect, that we should have had a written agreement.

Think about a situation in your life that could have benefited from having a written agreement. How would it have been beneficial? Ponder a current situation that could benefit from one. Are you willing to do it? What's stopping you? What would a Bond Girl do? Discuss your thoughts with a friend and consider the benefits of having even simple agreements in writing.



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Using your Bond Grrl Coaching Cards Instructions

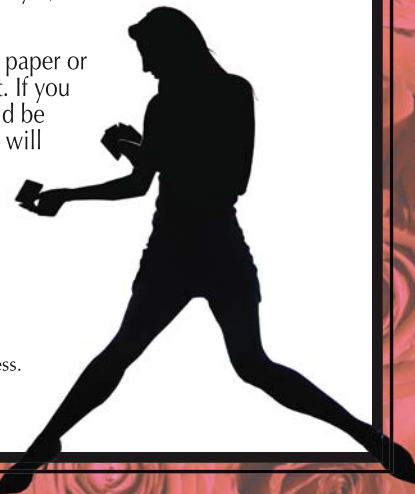
This page has three different Bond Grrl Coaching Cards from the *Fempowerment® — Unleashing Your Inner Bond Girl Coaching Program* designed to support you through the program this week.

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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