

FEMPOWERMENT®

Bond Grrl Coaching Cards Personal Bond Girl Card

Women often say that they feel they have lost touch with their sensual Spark. I believe that part of this comes from trying to one-up their men and thereby winding up on the short end of the stick with respect to gender identification.

Women are now expected or taught to earn their own way, be powerful, take charge, be in control, kick down doors. They are almost never taught how to feel empowered by embracing their femininity, sensuality, and sexuality.

Think about one way you can begin to spark your sensuality this week. What comes to mind? Plan a sexy encounter? Buy that hot new bra? Invite your James to share an evening of sensual massage? Now go for it!



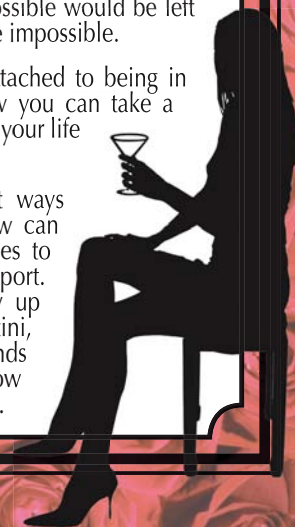
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Bond Grrl Coaching Cards My James Card

Indian or Chief? Do you need to lead or can you find joy as part of the support team? Having the ability to lead is admirable and at times vital but always needing to lead can become an obstacle in sustaining a successful relationship. What would happen if everyone needed to be the quarterback? Vital support positions that make success possible would be left unfilled. Touchdowns would be impossible.

Think about where you are attached to being in charge? Then think about how you can take a supporting role in some area of your life with your James.

This week, find two different ways to join the support team. How can you make room for your James to lead, while you provide support. Remember, support can show up in many ways, mixing a martini, helping him relax, running errands and even asking your James how you can support him this week.

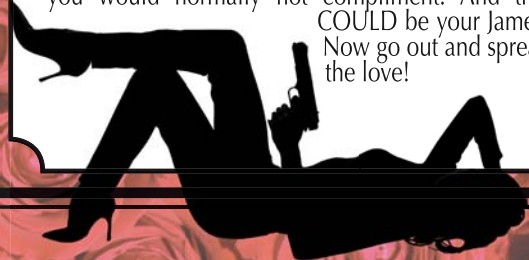


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Bond Grrl Coaching Cards Livin' La Vida Bond Grrl — Lifestyle Card

When was the last time you unabashedly and unexpectedly complimented the people you interact with (and not just in person)? Maybe a compliment crossed your mind but was never expressed. Did you notice someone's ability to do his/her job incredibly well (including the person taking your coffee order or serving up your smoothie) but never mentioned it to them? Did you meet someone with an inspiring attitude? Did you notice that someone was a sharp dresser, had a cool hairstyle, nice eyes or an awesome smile? Was someone helpful, thoughtful or kind?

Your goal for this week is to share a sincere compliment with three people each day. It's your three-compliment challenge, every day this week. The rules: be sincere and compliment three people you would normally not compliment. And that **COULD** be your James! Now go out and spread the love!



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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.

