

# EMPOWERMENT®

## Bond Grrl Coaching Cards

### Personal Bond Girl Card

The essence of being a Bond Grrl is to be surrounded 100% by things that support you in being the best Bond Grrl you can be.



So, when's the last time you were measured to determine your correct bra size? It is often a huge revelation and it's free. I suggest going to a store like Victoria's Secret or any specialty store where they know what they are doing, and get yourself measured. If you've ever watched Oprah, you know how surprised women repeatedly are to find out they have been buying the wrong bra size all these years.

That's your step for the week.  
Now, go get started, Bond Girl!

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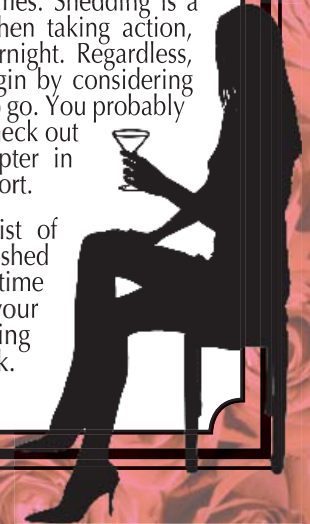
## Bond Grrl Coaching Cards

### My James Card

The Bond Girls in the movies know how to make room in their lives for their James.

So how do you make room? One way is by shedding. It's time to consider gently shedding those people and things that suck invaluable time away from you and your James. Shedding is a process of evaluating and then taking action, and it may not happen overnight. Regardless, now is the time to start! Begin by considering who and what really needs to go. You probably already know the answer. Check out the "Shedding Gently" chapter in your book for hints and support.

Start today by making a list of things you know you should shed from your life to make more time for your relationship with your James? And, then begin taking action, at least one this week.



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## Bond Grrl Coaching Cards

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

Dr. Wayne Dyer stated that everyone should go through life asking the question "How may I serve?" Making positive changes in yourself can have a profound, positive impact on others. Think about how getting what you want could actually benefit others. Changes can be big or small. For example, upgrading your look and how you act into a relaxed Bond Grrl confidence will inspire and uplift others, even if you're just walking through the Mall. If you meet people's eyes and smile, that smile is infectious, and you have increased the good energy in the world.

So, what's one self-improvement change you can implement this week that can positively impact others? Now, go smile and be of service.



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## Using your Bond Grrl Coaching Cards Instructions

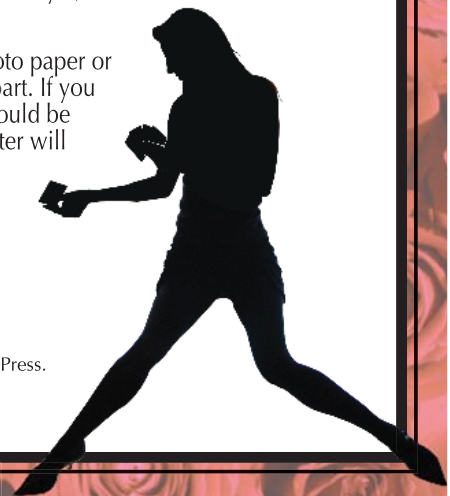
This page has three different Bond Grrl Coaching Cards from the *Fempowerment® — Unleashing Your Inner Bond Girl Coaching Program* designed to support you through the program this week.

**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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