

Module 1: Access Your Desires

Women become out of touch with their desires because of old _____ and _____.

My brain is wired for _____. It evolved to seek out the _____. Good news! I can _____ the neural pathways in my brain.

A _____ + _____ equals belief.

Outdated _____ about my desires are no longer serving me.

Outdated beliefs about my desire I am ready to let go of:

New beliefs about desire that I am ready to hold:

5 Tips to Hear Your Desires

1. Slow down and sit in _____
2. Look for the commitment underneath the _____
3. Acknowledge the _____ of desire
4. _____ to others about their desires
5. Learn to _____

PIVOT: A very powerful practice is to shift my _____ from what I don't want to what I _____ want.

Module 2: Effective Asks

What stops us from asking for what we want is _____.

A better question to ask myself is “What is the _____ that could happen?”

Outdated beliefs about asking that I am ready to let go of:

_____ is when I decide I can't have or won't get what I want without even _____.

I can pivot from _____ to _____.

The most attractive women are highly _____ and highly _____.

New beliefs about asking that I am ready to hold:

The KARA Model

K _____
A _____
R _____
A _____

Practice the KARA Model

Who do you want to ask?

What do you want to ask for?

What do you appreciate that you've already received from this person?

What is your specific request?

What will it provide for you?

As women, one of our primary gifts is our ability to _____.

A limited _____ to receive is like complaining about thirst while drinking from a tiny cup beside a freshwater ocean.

I'm ready for a _____ cup!

Ways of Limiting Receiving

1. Assuming _____ before asking. (Prejection)
2. Finding _____ with something that is given to me
3. _____ comments
4. Self deprecating _____

Increasing Receptivity

What if the only question limiting your _____ was *"How good are you willing to have it?"*

Let the _____ in.

Feel into your _____.

Notice what takes you out of _____ good.

Dismiss the inner _____.

Just shut up and say _____.

Answer Key:
Receive, capacity, bigger, failure, fault, dismissive, humor,
happiness, good, body, feeling, critic, thank you!

