



Women's Empowerment and Self-Care Masterclass

April 2022 - Action Sheet 1



Hi!

I'm Melissa. I'm honored that you chose to join me in my series of masterclasses about acupressure and Qi Gong.

I'm a mom of two young kids, an acupuncturist and an herbalist. I practice Tai Chi and Qi Gong every day to help me stay grounded and rooted in nature and all things good. I feel passionate about empowering you to discover you Little Sage, your deep well of energy and power to heal your body.

This action sheet accompanies part 1 of my video masterclass series. In the video, I show you two acupressure points that are important energy centers of the body.

I also guide you through a meditation to tune into your inner voice and intuition.

I provided this action sheet so you can write down your thoughts and reflect on the deep insights you gained through our work together.

I truly believe you have within yourself the ability to heal on the deepest level - mind body and soul. Now let's begin.

Melissa



Women's Empowerment and Self-Care Action Sheet 1

This action sheet is to give you an opportunity to reflect on the activities we did on video 1. Set aside at least 15 - 20 minutes to do this exercise. If you need more space, take out a journal or notebook to keep writing. Be as specific as possible.

PART 1: DISCOVER

Write down your reflections after doing the meditation placing your hands on *Yintang* point on the head and the *Tanzhong* point between the chest. When starting your journey to discover your inner healer, it's important to become in tune with your energy levels, your emotions, and where in the body you feel stagnant energy or where you feel stuck.

Where in your body do you feel the most stuck energy and tension? What sensations did you feel in your body during the meditation?

Part 2: REFLECTION

How do you feel about your health? Are you satisfied with how you look and feel? Why or why not?



PART 3: LET YOURSELF BELIEVE IN THE POSSIBILITY OF CHANGE

When you answered the questions above, notice any patterns of thoughts or behaviors that are coming up. Negative beliefs about ourselves limit the possibilities of what is possible for us to achieve. Without rooting out those negative beliefs, we will limit ourselves. Health is not only the absence of disease, but feeling whole – mind, body and soul.

To make a change, you have to first believe that it's possible.

Look over your responses from above. For every single response you have above that is a negative or limiting belief, I want you to cross it out. Then write a statement that reflects a positive statement . Here are some examples to get you started:

~~I'm too fat/too ugly/not deserving.~~ I'm beautiful just the way that I am. I deserve to be healthy.

~~I'll always be sick.~~ I can become whole and healthy.

~~I'll never be able to feel better again.~~ It will take time and some work, but it's possible to feel better again.

~~I can't change my diagnosis.~~ My diagnosis does not define me.

~~"I don't have enough time." "I have too many responsibilities."~~ There's always time for what's important.

~~I'm a procrastinator."~~ I'll plan ahead so I can prioritize what I need to do first.

~~"It's selfish to think about myself when there's so many people that depend on me."~~

People depend on me, so that's why I have to take better care of myself so that I have the energy, the mental and emotional capacity to take care of everyone and everything I need to do.

Now it's your turn. Cross out the statements you've written above and for each one, write a sentence that reflects possibility and change. Even if it doesn't feel true right now, challenge yourself to write it down.
