



Women's Empowerment and Self-Care Masterclass

April 2022 - Action Sheet 2



Hi!

I'm Melissa. Thanks for joining me in Part 2 of my masterclass videos. In that video, I guided you through a Qigong routine to nourish and strengthen the third most important energy center of the body.

The Qigong routine will help support healthy menstruation, balance hormones, reduce fatigue and strengthen the body.

This action sheet will help you reflect on some of the exercises we did together in the masterclass video. It will also help you define what your health goals are, so you can start taking steps toward achieving your goals.

The most powerful medicine can be found within you. You have the ability to tap into it. Your body has the amazing ability to heal itself. You have what it takes to make that happen now.

Melissa



Women’s Empowerment and Self-Care Action Sheet 2

This action sheet is to give you an opportunity to reflect on the activities we did on video 2. 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: REFLECTION

Reflect on the Qi Gong exercise we did for masterclass 2. How did you feel after doing the Qi Gong exercise? Where in your body did you feel the strongest source of energy? Was it in your hands? Feet? Your whole body? The feeling of tingling or warmth in the body is what we call *Qi* or life force that is moving in your body. We can promote health by promoting the free flow of our *Qi*.

PART 2: SETTING YOUR HEALTH GOALS

In order to achieve any health goal, you need clarity, direction and purpose. The following questions will help you think about what your health goals are.

Are you satisfied with your current health right now? Why or why not?



What's holding you back from achieving your health goals? What are some of the challenges that you're facing right now? When you answer this question, just write down whatever comes to mind without editing it.

How do you think you can overcome the challenges that are preventing you from your health goals?



When you answered the last two questions above, where in the body did you feel the most discomfort as you thought about what's holding you back from achieving your health goals? Our body often responds and gives us clues to what we are currently experiencing and feeling. When you feel discomfort in a certain part of the body, that is your body's signal that there is stuck energy there. It can be a clue to where you can focus your energy healing work. Write down your responses below.
