

## Women's Empowerment and Self-Care Masterclass April 2022 - Action Sheet 3



Hi!

This Action Sheet is a bonus to masterclass video 3 to further support you in your healing journey.

In video 3, I talked about one of the top acupressure points to support hormone balance and women's health. I also guided you in a Qigong practice to nourish and strengthen the channels of the body most important for women.

If you missed any part of my masterclass series, watch it now. It will only be up for a limited amount of time before I open enrollment for my Little Sage Woman Program. You can find a link to all the videos on the masterclass 3 page.

I really hope that you've found these videos helpful. It's my passion to support women in every stage of their healing journey. I hope that the masterclasses will help you get started with discovering the infinite potential of your healing Qi.

I'm so glad that you are here. It means you are ready and that the time is now.





In masterclass video 3, we talked about Spleen 6, which is a top acupressure point for women. I provided a picture below for your reference.

## Spleen 6 acupressure point also called "Three Yin Intersection"

Located on the inner side of your lower leg, four finger-widths above the middle of the ankle bone.

Spleen 6 is one of the most important and commonly used points to treat digestion, gynecological, urinary and emotional conditions.







## Women's Empowerment and Self-Care Action Sheet 3

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 what you've learned in video 3. How do you think you can incorporate it into you daily routine?		
PART 2: GETTING TO KNOW YOUR WHY		
Knowing exactly WHY you're doing something can give you a powerful reason to start taking action towards your health goals. It will keep you motivated and keep you going especially when it gets hard.		
The questions below will help you to define the reasons why you want to achieve your health goals. It's your why that will be behind every action that you take towards better health.		
1. What would it cost you in time, money, and energy if you did not make a change righ now about your health?		



2. What would it mean to you and your loved ones if you could improve your health?
Examples: I can play outside with my kids without getting tired. I feel motivated and have the energy to finish my book project. I can sleep through the night and feel good in the morning. I feel less stressed and overwhelmed and feel present when I'm with my family.



	3. What does healthy look like to you?
	Remember that being healthy does not only mean the absence of a disease or illness. When you feel healthy, it feels like your mind, body, and spirit are in balance. Life feels good. You have something to look forward to every day. Things may not be perfect and things may come up, but overall you have a sense of well-being, happiness, vitality and energy.
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4.	Now imagine yourself as if you are that person that you envision with optimal health. What does that look like and feel like to you? Write your answer down in the present tense. Make it as detailed as possible. As if it is your reality right now.			
	Examples: I wake up every morning energized and ready to grateful for my body. My body is strong. I give myself perr I have everything I need now to accomplish my goals. I no choices.	nission to prioritize my health.		



5.	Now look over your answers from Question #4 and notice any statements that you repeat often or statements that resonate strongly with you. Write them down below or in another piece of paper. Post them where you see them every day. You can use these statements as your positive affirmations to help guide and motivate you in your health goals.
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