



## 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.

*Melissa*



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 your daily routine?

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### 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 right now about your health?

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