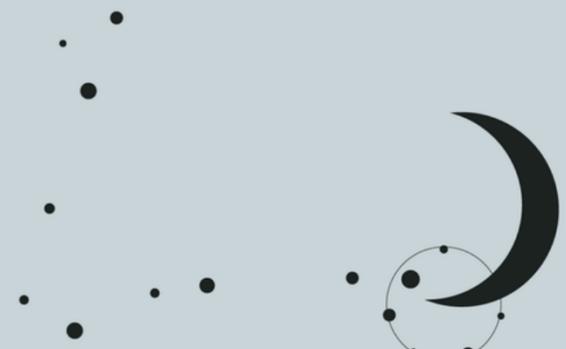


Masculine and Feminine Energy


stars^{by}stevie.



In a masculine
driven world and
culture. The moon
is calling you to
slow down and step
into your wild
woman powers.



Tuning into your
masculine and feminine
energy through this
workbook allows you to
gain a perfect balance as
you work towards your
moon manifestations and
achieve more balance in
your life.

I recommend you do this quiz every week and before
moon circles to keep monitoring your energy.



Cyclical Living Divine Feminine Behaviours

Sacred Feminine Energy

Loving and Empathetic

Naturally Intuitive

Trusting + Aligned

Flowing through life

Creative + Expressive

Connected + Confident

Strong Healthy Boundaries

Wounded Feminine Energy

Insecure + Seeking Validation

Self Critical

Needy

Co-dependent + Attached

Self sacrificing

Emotional + Stagnate

Gives in Easily

Cyclical Living Masculine Divine Behaviours

Sacred Masculine Energy

Present

Free from judgement

Takes action

Clarity of Vision

Supportive

Decisive + Honest

Grounded + Aware

Wounded Masculine Energy

Competitive

Distant

Controlling + Forceful

Fears Failure

Critical + Judgemental

Stuck in Mind

Demanding + Doing to much

Let's unlock your current behaviours

In the next slide there are different adjectives. Choose 10 which you feel drawn to.

Make sure you note the word down and also the number.

Sometimes it is important to note if you are choosing words that you feel drawn to embodying or those which you are actually in at the moment. Once you have chosen 10 go to the next page. And work out what number they total to.

WHERE IS YOUR ENERGY AT THE MOMENT?

1. FLEXIBLE

2. ACTIVE

3. DIRECT

4. EXPRESSIVE

5. AMBITIOUS

6. NURTURING

7. SENSITIVE

8. TRUSTING

9. STRONG

10. CONFIDENT

11. COMPETITIVE

12. EMPATHETIC

13. RELIABLE

14. FREE SPIRITED

15. CREATIVE

16. REBELLIOUS

17. DECISIVE

18. GENTLE

19. INTUITIVE

20. LOGICAL

ARE YOU IN YOUR MASCULINE OR YOUR FEMININE?

1.FLEXIBLE - 5

2.ACTIVE - 1

3. DIRECT -1

4.EXPRESSIVE -5

5.AMBITIOUS - 1

6.NURTURING -5

7. SENSITIVE -5

8.TRUSTING -5

9. STRONG -1

10. CONFIDENT - 1

11. COMPETITIVE -1

12. EMPATHETIC -5

13. RELIABLE - 1

14. FREE SPIRITED - 5

15. CREATIVE - 5

16.REBELLIOUS - 1

17. DECISIVE - 1

18. GENTLE - 5

19. INTUITIVE - 5

20. LOGICAL - 1

WHAT NUMBER DID YOU GET?

Below 30 - Too much masculine energy

If you got below 30 you are currently too much in your masculine energy and on the next page there are feminine activities which you can explore to help you bring this back into balance.

I would definitely call you to reflect on those energies and apply them to how you enjoy to express them in your life. Make them a priority.

Above 30 - Too much feminine energy

If you got above 30 you are currently too much in your feminine energy and on the next page there are masculine activities which you can explore to help you bring this back into balance.

I would definitely call you to reflect on these energies and apply them to how you enjoy to express them in your life. Make them a priority.

MASCULINE ENERGY ACTIVITIES

MAKE A PLAN

BUILD A STRUCTURE

SET GOALS AND ACHIEVE
THEM

STAND UP FOR YOURSELF

TAKE ON A CHALLENGE

MANAGE YOUR MONEY

VIGOROUS EXERCISE

FEMININE ENERGY ACTIVITIES

USE YOUR INTUITION

DO LESS JUST BE

CONNECT WITH YOUR BODY

BRING MORE PLEASURE INTO
YOUR LIFE

EMBRACE YOUR WOOL

LET GO OF CONTROL

CREATIVITY

DRESS YOURSELF

Notes and Actions

Think of those energies which are currently out of balance in your life and reflect back on those words.

What energy do you wish to embody over the next week?

What steps can you take to do this?

How do you currently feel with the outcome? What would you like to change?

Any questions do bring them to Q&A part of our circle so you can continue to break through blockages.



