

Put an “X” above the list that resonates with you most.

**A**

**B**

- Analytical/logical
- Results-focused
- Confident
- Disciplined
- Active
- Goal-oriented
- Outward
- Giving / Doing
- Independent
- Resilient
- Linear
- Speaking

- Intuitive
- Collaborative
- Still
- Patient
- Receiving / Being
- Listening
- Supportive/Nurturing
- Reflective
- Vulnerable
- Empathetic
- Calm / Relaxed
- Flow

**QUIZ**

1. Others can depend on me to deliver my work on time. **T / F**
2. I take breaks frequently throughout the day. **T / F**
3. I receive great value out of helping others. **T / F**
4. I am able to confidently set boundaries with others. **T / F**
5. I share my emotions, desires and wants with others easily. **T / F**
6. I can easily speak my truth, even at times I disagree. **T / F**
7. I am able to understand most things I'm presented with. **T / F**
8. I am often easy going. **T / F**
9. I am connected with and trust my intuition. **T / F**
11. I often achieve the goals I set. **T / F**

## BALANCING YOUR ENERGY

It's important to explore the amount of masculine and feminine energy you are bringing to a situation when:

- You're feeling resistance
- Things feel difficult
- You're experiencing failure
- There is a lack of passion/purpose
- You have a desire for more / wanting to expand

## STEPS TO BALANCING YOUR ENERGY:

- Take inventory of the percentage of masculine and feminine energy you're showing up to the situation with.
- Is there an imbalance? If so, with which energy?
- What actions, anchored within that energy can you take to create more balance?

## THE WORK

Which feminine traits am I bringing to the situation?

Which masculine traits am I bringing to the situation:

Where is there room for more balance?

What actions can I take to bring in that balance?

**MASTERING ENERGY TO SET 2022 GOALS & SUCCEED**

**Do your goals tend to be anchored in masculine or feminine ways of being?**

**How can balancing your energy better support you in achieving your goals?**

**What is an example of a goal balanced in both masculine and feminine energy?**

**WEEKLY INTEGRATION**

**1**

**Reflect**

Complete  
workbook.

**2**

**Explore**

Observe your  
relationship  
energies (take  
notes).

**3**

**Practice**

Use the goal  
setting  
guidance to  
set (3-5), 2022  
balanced  
goals.