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FEMININE ENERGY | BUSINESS COACH

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# TRAITS OF FEMININE ENERGY

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# Cheat Sheet

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When we think about feminine and masculine energy, many of us are a bit stuck with what that means. I know several women who have not even heard of the concept of feminine energy, so let's break it down:

## Thoughtfulness

When we are in our feminine energy, we are aware of how we are creating experiences for those around us. We love to make sure that anyone we encounter feels supported and valued. We love to see things go beautifully. It's when we are in our hearts that we can start to see what others need and we become much more thoughtful!

## Intuition

Our intuition is this delicious mechanism that always wants to lead us in the right direction. It's a beautiful little voice in the center of us that knows exactly what we need and how we can get it.

## Empathy

In our feminine we are extremely empathetic creatures. We can sense the slightest shift in the people around us. We can feel excitement, sadness, and even anger. But we can also feel the love and gorgeous energy too.

## Vulnerability

When feeling vulnerable, you open yourself up to magic. Being open creates space for incredible relationships and experiences that won't happen for you if you are closed. This is the gateway to true self love.

# Cheat Sheet

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There are so many traits to our divine feminine, take a look at more of these traits and see how you can experience them more deeply.

## Patience

Slowing down the mind and soul for someone else and yourself is one of the most beautiful traits of the feminine energies. Take your time when you're taking a walk or making a meal. Experience every single part of it, it's worth it.

## Sensuality

Exploring every curve of your glorious body has to offer is one of the most extraordinary parts of your feminine energy. Feel it all. When you're in the bathtub feel your arms, your legs, all of yourself. You are a goddess and touching your skin is what sets you apart from your masculine energy! Experience it all... its yours and all yours.

## Nurturing

The feminine loves to nurture. Paying close attention to what you and your loved ones need creates a beautiful feeling with self. A sense of devotion that only comes with nurturing. It's in the moments when we are nurturing ourselves and others, that our real feminine energy comes out to witness what is beautiful.