



# FEMININE POWER

# *Live!*

3-Day Breakthrough Immersion Experience

with Dr. Claire Zammit, Senior Coaches  
and a Global Community of Brilliant Women



DAY 1 HANDOUT - WELCOME TO FEMININE POWER LIVE!

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DAY 1 HANDOUT

## **WELCOME to Feminine Power LIVE!**

**Break Free From Self-Doubt and Unleash the Clarity, Confidence,  
and Courage to Create the Life of Your Dreams!**

Welcome to the most ACCELERATED BREAKTHROUGH EVENT in the world today designed especially for you as a smart, conscious woman to envision and create the life of your dreams. I'm so happy you've joined us!

**A global community of 1000 brilliant, loving, supportive, visionary women have registered for this event from more than 68 countries!**

If you've been experiencing stuckness, procrastination, self-doubt, or depletion, or are generally feeling uninspired and unmotivated about your future...

Feminine Power Live can be the rocket fuel for your journey on your destiny path!

And the best part is that I'll show you how to make a huge leap forward without drawing upon exhausting masculine PUSH energy...*even if you aren't sure how to get started!*

It's Time to reconnect with your vision, unleash your voice, and step into your Destiny!

It's time to become visible, seen, and known so you can step into the greatest expression of who you are.

You'll finally get clear about your new direction, reconnected and reinspired by your vision, and be full of passion for life, armed with the clarity, courage, confidence and feminine power to manifest it!

For this event, I've distilled the most transformative pieces I teach in my acclaimed, proven, researched-based Feminine Power flagship course. We have also incorporated brand-new processes that can deliver the kind of breakthrough results that would otherwise take you a year or more to achieve on your own—even with the support of a coach.

**I'm going to be guiding you through the 5-step Destiny Process that will unlock your Feminine Power and enable you to step forth as a powerful creator of your vision.**



## THE 5 STEP DESTINY PROCESS



### On the first day we're going to **IGNITE POTENTIALS!**

You'll discover how to make the key shifts that give you—as a conscious, smart, gifted woman—the power to align with your “True North Star” and create a shift so deep and lasting that the forces of heaven and earth will begin to propel you forward toward an inspiring future!

Through group activities and guided practices you'll also be uplifted by the love and amplifying presence of our global community of visionary women who will come together to create a powerful manifesting portal for the event.

Then we're going to begin the process of releasing the inner barriers that have been blocking your power and potential.

Next you'll be guided to **Release the Hidden Barriers** that have kept women playing small until now!

**On the morning of Day 2** we'll complete this step and I'll show you how to *permanently* release feelings of not being good enough or too much, along with your fears of being seen, taking up space and having a voice, self-doubt, self-neglect, and more.

The liberating and life-changing practices you'll discover will give you the tools to finally show up as who you were meant to be, expressing your gifts and genius—visible, powerful, brilliant, and with a voice that is heard, valued, recognized, received and rewarded.

We'll then move into the exhilarating 3rd and 4th step, as you **Break Through to a New Story** of power and possibility and **Become a Powerful Creator** by unlocking all three of your Feminine Power Centers.

By the end of the second day you'll step fully into your brilliance and claim your power as an unstoppable creator of your future—tapping into the forces of synchronicity, flow and intuition.





**ON DAY 3** you'll skyrocket your confidence to boldly and courageously realize your dreams as a result of a deep process you'll go through to **create your personalized "DESTINY MAP"** with the exact steps necessary to bring your vision for love, health, prosperity, impact, visibility, or success to complete fruition.

This is the part where you say goodbye to self-doubt and uncertainty about the future—forever!

After spending the weekend in our chrysalis and manifesting circle, you'll emerge resilient to obstacles, setbacks and delays, because you will know the exact steps and practices to use to soar into your destiny.

The growth you can create with the combination of this approach (that was designed especially for conscious women) and the amplified field of energy we'll create together during this global gathering, can't be replicated in any other format!

When you commit fully to the experience and set aside the time, along with giving it your complete focus and attention... you can make years of progress on your destiny path in just **THREE LIFE-CHANGING DAYS!**

If you struggle to "find the time" to make your dreams come true, or feel like you're behind or off course, there's no better way to get back on track than to join us for this immersion experience.

I'm so excited to share this time with you and can't wait to witness what you create!

XOX Love, Claire

Claire, Zammit, Ph.D.  
Founder, Feminine Power!



## FEMININE POWER LIVE! SHARED COMMITMENTS



Becoming yourself and making the greatest difference with your gifts is a team sport, not a solo race. At the level of destiny and self-actualization, personal power is insufficient. The deeper truth is that we need support from others, especially from other women, in order to thrive and come into the fullness of our power.

You can't fully become yourself by yourself!

Did you know that geese flying in formation can fly 70% farther and at a much faster speed than they ever could alone?

And research has shown that when committed groups of people set intentions together, they're six times more likely to manifest what they've focused on?

It's only by coming together with "Power Partners" to feed each other power, and to support one another to step into our larger destiny, that our lives are able to flourish.

## KEY CHARACTERISTICS OF “POWER PARTNERS:”



- Power partners share an equal commitment to each other’s self-actualization and the realization of each other’s vision. The purpose of the relationship is to **support each other to grow** so that both can actualize their gifts and greatness.
- They **amplify and energize each other** by reflecting back who they are BECOMING rather than who they are in the present or who they have been in the past.
- They **freely and generously share resources**, inspiration, support and accountability, recognizing that by doing so there is a larger field of power from which to source their own actualization as well.

We come **together for the next 3 days in the spirit of “Power Partnership”** and create the container and chrysalis for our shared intentions, breakthroughs, and growth to be fertilized and ignited.

We each bring unique gifts and talents, a vast array of skills, and a lifetime of personal and professional experience, and resources not to mention LOVE and the championing of each other’s greatness at a higher level than ever before.

**Our Power Partnership is constellated through SEVEN SHARED COMMITMENTS** that will **ACTIVATE** our **POWER CIRCLE** and **CHRYSLIS**—supporting us, both individually and as a group, to create the culture and container within which we can show up authentically and powerfully—and thus facilitate the processes of true transformation and empowerment.



These shared commitments highlight ways of relating to one another that unlock the exponential power of seeing each other as “Power Partners,” giving you (and all your “sisters”) access to unprecedented levels of power.

**We ask you to commit to the following in service to your empowerment, and as a way of taking a stand for each member of our learning community:**



1. I commit to be 100% responsible for my empowerment and wellbeing!
2. I commit to share from power and possibility to elevate the energy!
3. I commit to show up, participate and shine my light!
4. I commit to celebrate, mirror, and amplify the brilliance & power of other women in the group!
5. I commit to be generative & growth/solution oriented in the face of any breakdowns!
6. I commit to refrain from soliciting business from other participants!
7. I commit to keep confidence & respect members!
8. I commit to zero negativity!

## Activating our Destiny Accelerator Manifesting PORTAL



### Power Practices:

- BECOMING FULLY PRESENT
- CONNECT WITH YOUR DEEPER, WIDER CENTER
- BRING ALL YOUR RESOURCES AND POWER ONLINE
- OPENING UP TO LISTENING, BEING RECEPTIVE and TRANSPERSONAL KNOWING
- OPENING UP YOUR ABILITY TO KNOW COLLABORATIVELY With Others...
- EXTENDING ENERGY TO EACH MEMBER
- RADIATE & AMPLIFY

### Amplification POWER PRACTICE

Throughout the event we encourage you to shine your own light bright, and to mirror and reflect the power and possibilities of others with this reflection:

- The brilliance I see in you is...
- The possibilities I see for you are...





## TRANSPERSONAL QUALITIES

- Powerful Vulnerability
- Radical Empathy and Care
- Strength, Vitality and Aliveness
- Boldness and Courage
- Trailblazing
- Full Presence
- Striving for Greatness
- Igniting Greatness in Others
- Empowered Selflessness
- Wholeheartedness
- Benevolence and Mercy
- Outrageous Generosity
- Kindness and Compassion
- Wild Creativity
- Expansive Curiosity
- Authentic Humility and Grace
- Manifesting Extraordinary Potentials

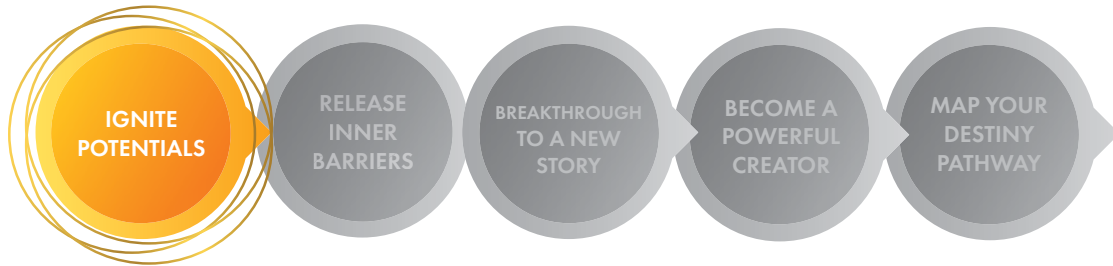
## IDENTIFYING YOUR ESSENCE QUALITIES

Accepting	Dependable	Idealistic	Rebel
Agile	Deep	Independent	Responsible
Analytical	Detailed	Inspirational	Resourceful
Appreciative	Determined	Intuitive	Results-oriented
Brave	Diplomatic	Kind	Sense of humor
Brilliant	Driven	Logical	Sensitive
Badass	Empathic	Loyal	Serious
Calm	Enthusiastic	Matter-Of-Fact	Sociable
Charismatic	Evolutionary	Magical	Spontaneous
Collaborative	Expert	Observant	Steady
Compassionate	Empathetic	Outgoing	Strategic
Competent	Energetic	Passionate	Supportive
Confident	Enthusiastic	Patient	Stylish
Considerate	Focused	Peaceful	Thorough
Contained	Flexible	Personable	Thoughtful
Cooperative	Friendly	Passionate	Transparent
Creative	Fun	Positive	Unflappable
Critical	Happy	Practical	Visionary
Curious	Hard Working	Present	
Decisive	Helpful	Quick	



YAY! We did it! We co-created our Chrysalis and Destiny Accelerator Manifesting Portal. It's time to begin the 5 Step Destiny Process!

Your first step is to Ignite Your Potentials!



1.

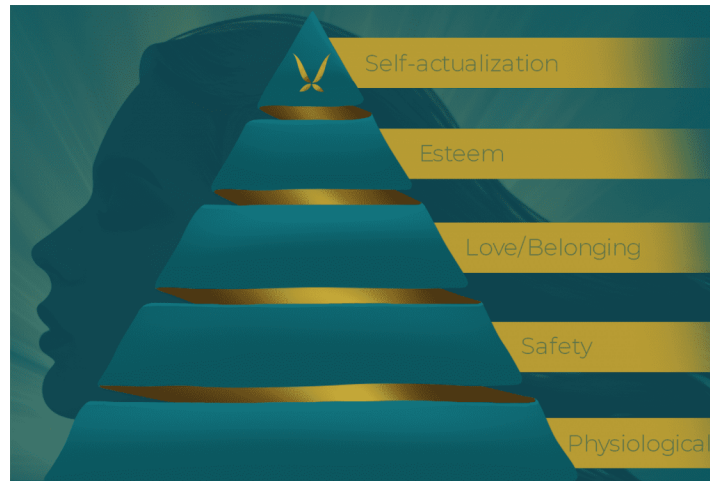
**PRACTICE ANCHORING INTO “POWER CENTER” WITH THESE STARTER “POWER STATEMENTS”**



- I am a powerful creator—I tap into the fullness of my wisdom, brilliance and the resources of my life experience as the foundation for becoming even more powerful.
- All of life is organizing around my success—I can let go of control (or “waiting”) and move into listening, curiosity, and receptivity.
- I have the power to attract the support and resources I need to manifest my vision —I am not alone, others support my success, and I am connected to a field of limitless support.



## REALIGN with your TRUE NORTH STAR: Set a DESTINY INTENTION



If you're like most self-actualizing women, you probably feel called to create and manifest in many different areas of your life—from your relationships to your life-purpose, improving your health, expanding your prosperity and impact, and more..

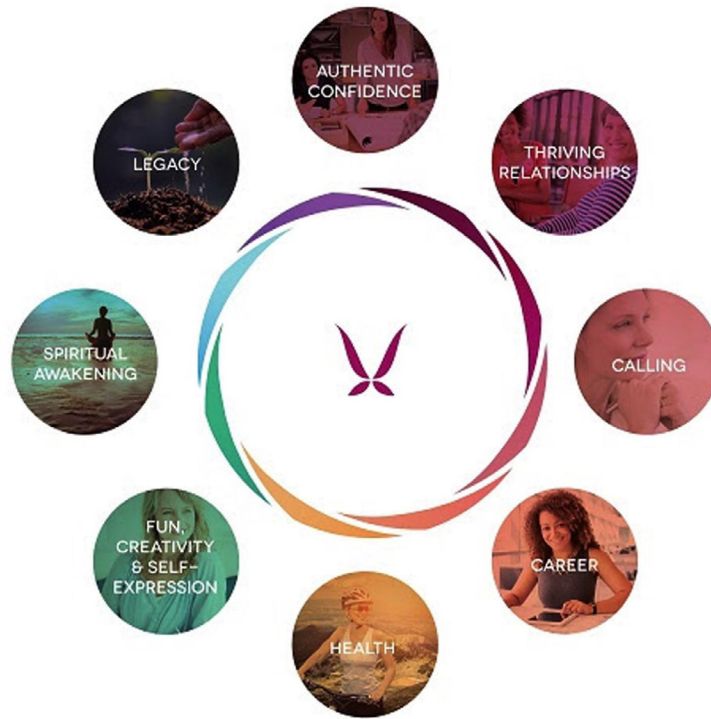
***But where and how to get started?***

***And which area will hold the most power?***

The first step in this process of activating the magnetic power of your potentials is to gain clarity about which area of your life is most “in season” in the 8 Key Areas of Feminine Self Actualization to manifest in.

**When you focus on creating in this area of your life, you'll be able to activate a “chain reaction” for all your other potentials, making it 10 times easier to succeed with and connect with a field of flow, synchronicity, and support.**

## THE 8 AREAS OF FEMININE SELF-ACTUALIZATION



For each of the 8 areas, I invite you to ask yourself the questions listed below—and then listen to the answers from the deepest part of yourself, and write them down.

### AREA 1: AUTHENTIC CONFIDENCE & VISIBILITY

You may be feeling a deep yearning to be visible, seen, truly known, and to be able to show up with authentic confidence as the most actualized version of yourself.

*What is it that I most deeply yearn for as it relates to being authentic, visible and truly seen?*

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## AREA 2: LOVE, INTIMACY, RELATIONSHIPS

You may be yearning to attract and create growth-oriented relationships, where you are “met” on all levels—emotional, mental, physical, spiritual—and not just to come together in marriage and partnership to raise a family and create security, but for support to self-actualize—to be loved unconditionally for who you are, and where you are fiercely supported to become the best version of yourself.

***What do I most deeply yearn for in the area of love and partnership in my life? What is the next level of potential I am yearning for?***

Breathe into the yearnings for deeper love and intimacy, then write them down.

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## AREA 3: DISCOVERING & SHARING YOUR GENIUS

You may be feeling a yearning to discover and cultivate your unique gifts and genius.

***What do I most deeply yearn for in the expression of my gifts and my genius in life, in the world, in my work?***

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### AREA 4: LIVELIHOOD

You may yearn to expand your prosperity and livelihood; a way of making money that's deeply aligned with your values. You want to have the resources you need to thrive, prosper, and contribute in this life.

*What do I yearn for around my own financial prosperity? (Knowing that Life is abundant, knowing that I deserve to receive all life has to give, developing skills around money management, etc...)*

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### AREA 5: FUN, CREATIVITY & PLAY

You may want to express your creativity and manifest the deepest desires you have for self-expression and \*FUN,\* and have outer spaces in your life that reflect your inner possibilities.

*What do I yearn for in the area of my creativity and self-expression? (travel, getting a pet, decorating my home, taking a class, taking on a hobby, etc...)What do I most desire to feel, experience, express, and create in this area of my life?*

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## AREA 6: RADIANT HEALTH & VITALITY

You may yearn to feel even more at home in your body, to be healthy, and radiate vitality, feeling like you have access to boundless energy. Being able to step into an experience of physical thriving is another impulse toward self-actualization.

*What do I most yearn to feel and experience in my body? (health, vitality, body confidence, etc...)*

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## AREA 7: SPIRITUAL CONNECTION

You may long to deepen your connection to a higher power and have a relationship to an intelligence or energy that's bigger than yourself.

*What am I yearning for in terms of deepening my spiritual life? (Regular spiritual practice such as meditation, prayer and contemplation, connecting with a spiritual community, etc...)*

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## AREA 8: IMPACT & INFLUENCE

You may feel a calling to impact and influence an even greater number of people and uplift and empower those around you. You may have ideas or inspirations about how you can participate in making the world a better place in some way, no matter how large or small.

***What do I yearn for around my desire to impact and influence, to contribute to others and make a difference? (something in your community, in your work, in your family, with your leadership, etc...)***

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***In which areas are you feeling the DEEPEST YEARNINGS?***

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Take a deeper dive into these key areas.... *What do I most desire to FEEL, EXPERIENCE, EXPRESS, CREATE & CONTRIBUTE in this area of my life?*

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*Which AREA represents the BIGGEST GAP between who you ASPIRE to be and how your life is currently showing up?*

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### **MAKE THE SHIFT TO BEING A “CREATOR” OF YOUR DESTINY**

KEY SHIFTS:

- Creating from the INSIDE OUT vs. the OUTSIDE IN
- ALIGNING WITH YOUR FUTURE SELF
- Making Your Self-Actualization the “North Star” of Your Life.

Imagine you have limitless POWER and are supported by others. As a powerful creator, what are you creating?

E.G. It’s my intention to:

... attract an authentic, meaningful intimate relationship, where love and trust are abundant, and where I am free to express my love fully and be supported to become the woman I have the potential to be.





... unleash my own unique voice in the world in a way that has me be profoundly supported and received by others, and bring forth the fullness of my potentials for creative contribution in a way that really has an impact for good in the world.

... cause a breakthrough in my relationship with myself such that I learn the day-to-day practices of what it really means to love myself unconditionally, and where I am empowered to create my life from a place of deep inner integrity and well-being.

... uplevel my self-care so I can be well, energized, healthy, and bring my best self to others and the world.

... come into the fullness of my power financially such that the value I offer is recognized and rewarded by others and I am able to take my place in the world as a game-changer and a model for social philanthropy.

**Write down your DESTINY Intention HERE:**

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What would it mean for you to realize this intention?

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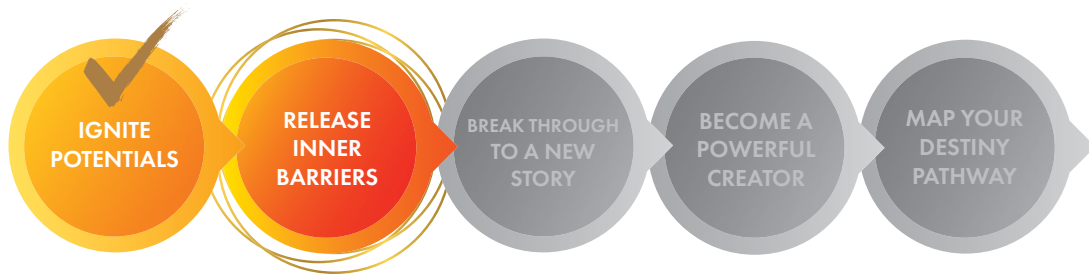
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**Congratulations! You did it! You ignited your potentials! :)**

**The next step is to release inner barriers!**



### **Power Practice: Calling Forth Your Power**

As you move through this power practice, think about an area of your life in which you'd like to have a breakthrough.

#### **STEP ONE: CONNECT WITH EMPATHY, COMPASSION, LOVE AND SUPPORT**

Think about that part of yourself that shows up powerfully for a friend or a loved one, or elsewhere in your life where you are in touch with your most powerful self.

#### **Where in your life do you feel the most powerful?**

It might be at work. If you're an attorney, it might be when you're making closing arguments. It might be in your garden. It might be as a parent. It might be when you're hiking or doing something physical.

Put yourself into that place where you feel the most powerful, and take a moment to just breathe that feeling into your body.

Stand the way you stand when you feel the most powerful; breathe as you breathe in that state, listen as you listen.

**Put yourself in that most powerful place and begin to get really curious from this place of power.**

Then reflect on the following:

- What are the challenges or struggles you've had in this area up until now?
- Are there any patterns that seem to repeat themselves?
- What is it that actually happens in this area of your life that has caused you to feel stuck?
- Who or what have you been blaming up until now as the reason you've been getting stuck or stopped?







### **STEP THREE: RECONNECT WITH THE PART OF YOU THAT'S BEEN ISOLATED AND STUCK IN THE OLD STORY**

From a mature, loving, and wise adult center, ask yourself: "How old is this part of myself?"

Ask yourself: "How large is the energy being held here?"

Open your eyes and shake the feeling off. Now ask yourself, "What is the best thing about being my current age compared to being \_\_\_\_\_?"

\*NOTE: Look for the resources, wisdom, power & strengths of your adult self.

Breathe into the center of this adult presence within you, anchoring the energy of this center down through your entire body.

Place one hand on this deeper, wider center, making sure it is deeper than the younger self that is holding the emotional center of the false belief in your body.

Breathe fully into the deeper center. Place your other hand on the part of your body where the false belief is being held, and, as you breathe, consciously bring these two parts of yourself into relationship with each other.

With each breath you take, extend a sense of care and presence to the younger self from the part of you that is located in this deeper, wider center.

Just witness your younger self with love from your deeper center.

### **STEP FOUR: AWAKEN TO A DEEPER TRUTH**

Ask yourself, "What is a deeper truth regarding this belief, this old story, about myself/about others/and about my power to succeed in this area of my life \_\_\_\_\_?"

Speak the truth to your younger self from the deeper, wider center, lovingly correcting her misperception.

Help her to access a deeper truth than the one she has been inside of, powerfully challenging the meaning she has been making all these years, with the ferocity of a mother lioness, standing powerfully for what is really so.







## About Your Instructor

CLAIRE ZAMMIT, Ph.D.

There are few women alive today who have done more to empower conscious women to actualize their potential and realize their destiny than Claire Zammit. In her two decades as a transformational teacher and leader, Claire has shared her life-changing Feminine Power principles and practices with millions of women around the globe.

Her groundbreaking doctoral research on the underlying obstacles blocking intelligent, conscious, women from stepping into their greatness has been praised as a seminal contribution to the advancement of women in this century.

Over 40,000 women from more than 100 countries have graduated from her innovative online Feminine Power Academy, and her Feminine Power Professional Certification Trainings have trained hundreds more to create fulfilling, impactful and successful careers as transformational coaches, facilitators and leaders in their fields. She is fast becoming known as the “mentor of mentors” for gifted, conscious women.

In addition to building the Feminine Power global community, Claire is also a wildly successful conscious entrepreneur. In 2010, she co-founded Evolving Wisdom, LLC which, under her leadership rapidly grew to become one of the world’s most successful online transformational learning enterprises. In 2013, Evolving Wisdom was ranked #83 on the Inc. 500 list of America’s fastest growing private companies and since its

inception, it has generated over \$50 million in revenue and reached millions of people from more than 180 countries.

A dedicated philanthropist, Claire’s personal contributions and fundraising efforts have been hailed as a major catalyst for the growth of the Girl Power Project which is on track to bring self-esteem and leadership training to over one million low-income girls in Uganda by 2020.

Claire is an active member of Jack Canfield’s Transformational Leadership Council and was the recipient of its Achievement Award, and is also a participant in Deepak Chopra’s Evolutionary Leaders Forum. She is also the recipient of the Just Like My Child Foundation Women’s Leadership Award.

She holds a Ph.D. in Transformational Learning & Change from the California Institute of Integral Studies and lives in Berkeley, California with her husband of eleven years, spiritual teacher Craig Hamilton.

