



# FEMININE POWER

# *Live!*

3-Day Breakthrough Immersion Experience

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



DAY 3 HANDOUT - BECOME A POWERFUL CREATOR & MAP YOUR DESTINY PATHWAY



## BECOME A POWERFUL CREATOR & MAP YOUR DESTINY PATHWAY

### WELCOME TO FEMININE POWER LIVE! DAY 3

#### On Day 1, We Ignited Potentials!

You discovered 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!

We were all uplifted by the love and amplifying presence of our global community of visionary women who have come together to create a powerful manifesting portal for this event!

Then we began the process of bringing new awareness to identify and release the inner barriers that have been blocking our power and potential.

**On Day 2**, we took a deep dive into how to **Release the Hidden Barriers** to create what you desire in your life. You discovered how to 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.

You discovered the liberating and life-changing practices that 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 then moved into the 3rd step of **Breaking Through to a New Story** of power and possibility.



#### On Day 3, you'll step into **Becoming a Powerful Creator**.

Stepping fully into your brilliance and claiming your power as an unstoppable creator of your future—tapping into the forces of synchronicity, flow and intuition.

You'll skyrocket your confidence to boldly and courageously realize your dreams by **creating your personalized “DESTINY MAP”** with the exact steps necessary to bring your vision for love, health, prosperity, impact, visibility, or success to complete fruition.



## BECOME A POWERFUL CREATOR



**The best way to predict your future is to create it!**

All of these skills you've been cultivating over the last two days have been supporting you to build the inner foundation that will support you to create a thriving outer life. They are the building blocks that will enable you to manifest the things you most desire, create the future of your life, and fulfill your destiny!

Next we are going to focus on how to master the Feminine Power manifesting process to create something very tangible in your life.

There's nothing too small or too large to be created by this process. You can come back and use it many times over throughout the course of your life to manifest your desires and vision in all the key areas of self-actualization.

### **POWER PRACTICE: CONNECTING WITH A HIGHER POWER**

**One of the fundamental shifts we need to make to awaken our power to self-actualize, to self-realize, to co-create, is to find our way to a much larger context for who we are and why we're here.**

Think back to the deepest spiritual experience you ever had—you might not even identify it as being a spiritual experience. It might be an experience of awe in nature, or engaging with art or beauty.





## POWER PRACTICE: MEET THE CREATOR AND ALIGN WITH YOUR NORTH STAR

### MEET THE CREATOR

Take a moment now to connect with a part of you that never entered the stream of time.

See yourself walking through this field and imagine that the energy of the creator, God, Spirit, the Universe, Jesus, Buddha, Gaia, Nature, the Goddess—whatever form you feel most opens your connection to a higher power—is coming toward you, lifting you up and saying your name.

The Creator speaks to you...

“There’s something I need you to do in this life. It is something really important and I need you to join me in co-creation.”

In every cell of your body, you are feeling, smelling, sensing, seeing and hearing what your mission is.

The Creator is speaking to you, “There’s something I need you to do for me.”

**What does the Creator offer you as inspiration, seeding a possibility for your destiny?**

**How connected is the information you just received to your intention for this course and to the things you’re focusing on in your life?**

The first few times you do this, you may not be able to visualize or feel anything. That’s okay. This is an exercise, a practice. The more you do it, the more open you will be to the whispers of your inner guidance.

---

---

---

---

---

---

---

---

---

---



## POWER PRACTICE: COMMITMENT TO GROWTH

Realizing your destiny in your life is akin to winning an Olympic gold medal. And winning Olympic gold medals doesn't just happen to people...

Olympians have the potential that they nurture through commitment and intention, and they don't do it alone—they work with world-class coaches and a team striving for greatness alongside them.

You're part of a very rare and privileged group of women who are awakening to the stage of self-actualization in our world... that's akin to having the potential to win a gold medal.

You're being called forth to a much higher possibility.

Your struggles only exist because you're being activated and ignited to reach higher and express more of your potentials...

**If you've been struggling with finances**, it's not because you can't just get a job—it's because you're seeking a way to make a living aligned with your values.

**If you've been struggling with relationships**, it's not because you can't find "someone" to just procreate with—you're wanting a much greater possibility of intimacy with a true soulmate—someone who can "meet you on all levels."

**If you're struggling with health challenges** and self-care, paradoxically it may be because your circle of care has expanded beyond yourself and even your family, to our larger world, and it's hard to know how to prioritize meeting all the needs you're serving.

**If you're struggling to find your purpose**, it's likely because you have so many gifts and options, that you're actually here to participate in creating the future and creating something higher. And the context that would need to be for you to fully become yourself doesn't yet exist. You're here to create it.

The potentials of your life are REAL in fact they are bigger than you can imagine.

They can only be realized through a commitment to GROWTH.

**I invite you today to make a commitment to yourself and go for the gold in your life!**



---

---

---

---

---

---

---

---

---

### **POWER PRACTICE: UNLOCKING THE POWER OF COMMITMENT**

I Invite you to put your chips on the table and bet on yourself to succeed.

Your potentials are worth investing in.

And I know that all of life is organizing around your success.

And you are not alone.

**POWER REFLECTION:** If you believed in yourself, the value of your gifts, the possibilities of your life, that all of life is organizing around your success, what is the commitment you can make to realizing your intention?

What are the decisions, commitments, investments that are aligned with this commitment?

---

---

---

---

---

---

---

---

---



## **POWER PRACTICE: UNLOCK YOUR INTUITION & DEEPER KNOWING**

The good news is that your intuition is already very powerful and very developed. However, as a navigation system, it's responsive to your own desires and intentions rather than directive.

What we need to cultivate is receptivity and discernment.

There's a deeper knowing you can access that knows things about how to bring it forth, and is a much deeper source of power than the power of your conscious mind.

It includes the power of your conscious mind, but your intuitive knowing accesses a deeper source of wisdom that's connected to:

1. The deeper levels of your own unconscious mind—knowledge and information of the field processed outside of conscious awareness
2. Sensitivity to energetic fields
3. Non-local ways of knowing—sensing the emergent future via deeper awareness, synchronicity, visioning, tapping into the collective unconscious, and more.

**Your conscious mind is like the pilot on the runway.**

**Your intuition is more akin to the perspective of the air traffic controller.**

There's a center of "knowing" we can access that is absolutely critical to being able to navigate and bring these things forth.

And the actions that come from our connection to this deeper knowing are exponentially generative and powerful in our lives.

As you're connecting with your deeper desires, you're connecting to the intention you have for the course.





**What do I already know about what I need to do to manifest in the area of my intention?**

---

---

---

---

---

---

---

---

**What's my next step toward bringing forth these deeper desires in my life?**

---

---

---

---

---

---

---

---

And instead of moving into strategy, move into listening and receptivity and curiosity.

**What is the knowing that opens up from a place of listening and receptivity when you ask these questions:**

- **What is my deeper knowing about my next step to manifest my intention?**
- **What does my body wisdom know?**
- **What do I sense?**
- **What does an intelligence bigger than me know?**



---

---

---

---

---

---

---

---

**POWER PRACTICE:  
COMMITMENT & THE COURAGE TO ACT & TAKE INSPIRED ACTION**

**There's a misconception about the feminine being passive.**

Creating with Feminine Power is a very active, engaged, creative process, and there are certain actions you can take that will yield exponentially greater impact and results.

**Inspired action** is action that's connected to your deeper knowing and creative impulses. This is very different to action that is coming from your mind or a reaction from your unprocessed emotions.

It's action that's aligned with the agenda of life, that's aligned with the creative impulse that's inside of you.

**And you'll find that when you take actions that are aligned with this deeper source of knowing and creative power inside of you, they are exponentially impactful.**

Synchronicity starts to happen.



What's the most important inspired-action step(s) I can take this week to manifest my intention? Listen to your deeper knowing.

---

---

---

---

---

---

---

There's a sense of flow and magic that opens up when you take action from here!

**POWER PRACTICE:  
EXPAND YOUR CAPACITY TO GENERATE AND RECEIVE SUPPORT**



At the level of self-actualization we need to grow and expand to realize our higher possibilities—you are creating things that are new, and reaching higher to manifest things at a level that is beyond what you have reference points for in the past or present.

You can't possibly do that by yourself!

**Our power as creators at this level of actualization is amplified exponentially through expanding our ability to access support.**



Power doesn't look like knowing all the answers and being perfect but rather becoming masterful in tapping into the limitless resources and support that we can plug into this collective matrix of connections with others.

**There are three key levels of support that we can tap into from the relational field around us:**

**1. Personal connections**—the emotional and practical support and resources we can access via family, friends, colleagues, community members, loved ones and “power partners”.

**2. Collective wisdom**—the support and resources of the collective field—information via books, videos, articles, and other resources to grow in the direction of your vision.

**3. Professional support**—we hire or invest in- such as healers, medical care, personal trainers, home help, child care, coaches, mentors, education and training.

## **BREAKING FREE FROM A SUPPORT DEFICIT**

**Three things hold us back from tapping into the cornucopia of support that surrounds us.**

- We've minimized our needs for support and therefore are disconnected from what we truly need from others.
- We're not sure how to ask for or access support from others (this is reinforced by #1).
- Asking for, investing in and receiving support is a risk—a vulnerable act requiring us to be seen in our imperfections and admit to uncertainty and the possibility of failing.

**It's time to break through all of them!**

**Awaken to your true needs from “Power Center.”**

**From a place of self-responsibility, worthiness, and utilizing the power you already have, what are your greatest needs for support in the area you're manifesting in?**

**Examples of healthy needs for support:**

**Emotional support:**

I need encouragement, to be heard, mirrored, and supported to be accountable for a change I'm making, etc.



**Power Partnership/Growth:**

Support to grow—feedback—mirroring—amplification, etc.

**Practical support:**

I need help to solve a problem or make a decision or create something new, etc.

**Life-management:**

I need help with childcare, elder care, transportation, housing etc.

**Resources, knowledge, information:**

I need to gain expertise, a referral to a resource, help to develop skills.

**Professional support:**

Mentoring, coaching, consultant

---

---

---

---

---

---

---

**What comes up for you if you imagine yourself being supported at the highest level?**

See if you can name the old story...

- Other people might find out my secret.
- I'm gonna be exposed as not being perfect and people will see that I don't have it all together.
- Receiving means going into debt.
- I don't know how to get what I need.
- My problems would be a burden to other people.
- Others will think I'm weak if I reveal my needs for support.
- I doubt myself and my worthiness to be successful.
- I have to be giving more than I am receiving to be worthy of being loved.



- I'm not valuable to other people if I have needs.
- If I'm imperfect it means I'm not worthy of being loved and supported.
- Not knowing the answers and having it all "figured out" means I'm weak and insufficient and will lose authority and respect if others find out.
- If I invest in myself and don't get a return I will look like a fool and not be able to live with myself.
- I don't deserve support; I should be able to change and handle this all by myself.

Breathing into this, see if you can find the center of this feeling.

**What comes up in your body as you breathe into this story about why you don't ask for and receive support in this area?**

---

---

---

---

---

---

---

## OPENING TO RECEIVE: VULNERABILITY AS POWER

**POWER STATEMENT:** The more support I receive, the more powerful I become.

To be able to generate support we need to be willing to be seen as imperfect and as not knowing the answers, which makes us available to be influenced by others.

**What's your new story about receiving support:**

- As a powerful capable woman, I am masterful at creating support and accessing resources"
- I'm an evolving work in progress like everyone , with strengths and growing edges, and do not need to be perfect to be loveable and worthy of respect and support.
- The more support I generate and receive, the more powerful I become!
- My relationships get healthier and more bonded and more connected and more powerful through my ability to be supported and receive support.



---

---

---

---

---

---

---

### GENERATING SUPPORT

Who in your life or extended network do you know who might be able to help you with this?

---

---

---

---

---

---

---

How might you ask for the support you need from “Power Center?”

Vulnerability from POWER CENTER magnetizes support, intimacy and deepens bonds of trust and mutual support.

Qualities of sharing in this way:

- Awareness of others, as well as yourself, and connected from power center
- Self-responsible to the best of your ability, and a willingness to own places you’ve been co-creating what’s so
- In true “not knowing” without a “story”
- In the present and oriented to the future
- Connected to what you need as a foundation for asking for help, or being forthright that you don’t know what you need and need help figuring it out
- No ulterior motive or agenda for self-revealing



- Awareness of how your sharing is impacting the other and calibration of the safety of the container
- Holding yourself in your wholeness—strengths, weaknesses
- Open to other points of view and being influenced
- Spacious—no pressure, fear or shame if the other person is unable to “meet you” or fulfill any request you might make for support

### **Self-Revealing and Oversharing from FALSE CENTER repels support and erodes trust and connection**

#### **Qualities of sharing in this way:**

- Self-focused and unaware of the impact of your sharing on others
- Victimization and blame—it’s happening to me
- Certainty about your “story”
- Focused on the past and present
- Disconnected from what you need without any effort to move forward
- Hidden agenda seeking unwholesome validation or sympathy
- Lack of awareness of how your sharing is impacting the other and ignoring social cues that signal a lack of safety
- Centered in your weaknesses without any effort to shift
- Closed to other points of view and being influenced
- Tense—pressure on the other to give you what you need

#### **Sourcing Support from your Personal Connections:**

**Anchoring into Power Center: Who can you reach out to and how might you ask for support?**

**Take the risk to be powerfully vulnerable and share some context:**

I’m going through a huge life transition right now, and I’m feeling really uncertain about the future. It would be a huge support to me if...





### **Make a clear request:**

- We could meet for coffee and talk
- I could get your help to think through a decision
- You could take the kids on Sunday so I can have a day to myself
- You can share with me about how you started your business and got to a place where you were making money

### **What's okay to ask for?**

What you are willing to reciprocate. Mutuality and reciprocity are foundational dynamics of healthy relationships.

### **Sourcing Support from the Field of Collective Wisdom:**

**In the area of your intention, what do you most need to learn about or what resources do you need to access that will support your success?**

**What information via books, videos, articles, and other resources to grow in the direction of your vision might you tap into?**

### **Sourcing Professional Support:**

**Who can you HIRE, or What support can you invest in that will make the greatest difference?**

Think: healers, medical care, personal trainers, home help, childcare, coaches, mentors, education and training.

## **SOURCING YOUR POWER AS A CREATOR FROM THE FUTURE**

This is the master Feminine Power manifestation practice: **Creating the Future Backwards.**

At the level of self-actualization or destiny, we are creating outside of our own reference experiences of what is possible.

We have yearnings to create things we've never personally experienced or may never even have seen modeled for us.

To source the power to create these higher possibilities, we need to expand our identity, then we need to show up and grow ourselves in a way that is consistent with that future we're committed to creating.

We are shifting our focus from trying to change our outer circumstances to evolving our own consciousness.



**This KEY shift is from DOING to BECOMING.**

The foundational secret to being able to manifest in a really big way is to be engaged in a practice of your own growth, evolution and development in ways that are consistent with the future you're committed to creating.

Your power to manifest at the level of self-actualization or destiny is equal to your power to generate your own growth in the most direct way possible.

This is the art of becoming a Powerful Creator!

**EXPAND YOUR VISION**

Drop into Power Center.

Connect with what you most desire to create—something concrete and tangible in the external world.

**What specifically do you desire to create, and by when?**

---

---

---

---

---

---

---

---

**ALIGN WITH YOUR FUTURE SELF**

Step into your future where this desire/vision has become fully manifest. Step into the experience of fully receiving your vision.

Put your hand on your body and see if you can name the “I am” statement about your sense of self in the fulfillment of your vision.

**Examples:**

- I am a radiant, beautiful woman
- I am a woman who knows my value
- I am a present parent
- I am a powerful partner
- I am a generator of success



- I am healthy and vital
- I am powerful
- I am naturally active and healthy
- I am an artist
- I am a global leader
- I am an influencer
- I am a successful entrepreneur
- I am a wealthy woman
- I am a working artist
- I am an ecstatically happily married woman
- I am living in the center of my destiny
- I am fully expressed in my work
- I am deeply supported and loved
- I am an empower of others
- I am one with all of life

What is your personal “I am” **Power Identity** statement that anchors who you are in the fulfillment of your vision?

### JOURNALING REFLECTIONS

- **How do you relate to yourself and others in the fulfillment of your vision?**
- **What are you no longer willing to tolerate? What are your new expectations? How do you walk through the world?**
- **What new skills and capacities have you cultivated?**
- **What are the structures of your life, i.e. where you live, who you are friends with, what you do for income, what your habits and routines are?**

---

---

---

---

---

---

---





## MAP YOUR DESTINY PATHWAY



### GROW TO BECOME THE WOMAN IN YOUR VISION

The destiny pathway to manifesting this future is to expand your identity, develop your skills and capacities, uplevel your structures and show up in your life in ways that match the woman you are in the fulfillment of your vision.

### POWER PRACTICE: CONFIDENCE HACK

As women we can paradoxically tend to both underestimate and overestimate ourselves and what's required to succeed in the area of our intention.

One way to disrupt this is with this quick power practice!

Reflections for Journaling:

- Look at your strengths in the area that you are manifesting in—what do you have going for you that you have perhaps been discounting?
- Lean into your “growing edges”—what do you need to access in terms of the cultivation of new skills, resources and support to succeed?
- What are the biggest gaps between your future self and your current self (on the level of identity, skills, capacities and structures, habits and routines)?

---

---





## POWER PRACTICE: CULTIVATE NEW SKILLS AND CAPACITIES

What are the top 3 skills your future self has cultivated that you don't currently have?

---

---

---

---

---

---

---



### EXAMPLES OF CULTIVATING SKILLS AND CAPACITIES:

#### Thriving Relationships

- Attract a healthy, growth-oriented relationship
- Being a person who would be an extraordinary partner in a growth relationship
- Developing a capacity for healthy, secure connection, e.g. keep commitments, good communication, being consistent, shared values and vision, putting your relationship first, turning towards each other when there are difficulties or tensions or conflicts, taking radical responsibility for your own happiness, expressing appreciation, being considerate and wanting to make the other



person's life easier, creating experiences where you have quality time to nourish your connection together.

### **Health**

- Structures that support you to be healthy, well and thriving in the 4 pillars of wellbeing: sleep, nutrition, movement, and meditation
- Implement self-care routines
- Capacity to value yourself and put yourself first
- Ability to connect with your needs and express those needs
- Create a baseline of wellness so that giving to others becomes something that energizes us versus depletes us.

### **Calling**

- Discover what your extraordinary gifts and genius are - based on your life experience, talents, skills, strengths, etc.
- Develop, cultivate and master your gifts, talents and strengths
- Clarify how you can contribute with your gifts and genius

### **Prosperity**

- Expand your ability to earn and create wealth - through creating more value
- Empowered relationship to the 4 pillars of financial freedom: earning, saving, spending & giving.
- Skills for spending consciously - spending in a way that aligns with the future your creating and aligns with your values
- Learning how to save and invest your money

### **Fun, Creativity & Self-Expression**

- Ability to infuse creativity into every aspect of your life
- Daily habits of creativity and self-expression, e.g. listening to music, dressing creatively, writing, painting, dancing, etc.
- Expanding your ability to fully express using all your senses, e.g. colors, smells, flavors, sounds, etc.





### Impact

- Ability to envision and connect with bigger possibilities
- Learning how to expand your reach
- Expanding your level of mastery
- Developing the ability to expand your level of income from the work you're doing

### Authentic Confidence

- Ability to recognize that the process of actualizing your potentials isn't a linear process—it is an iterative and developmental growth process
- Creating space for things to be messy and imperfect, to make mistakes and learn from them
- Draw on your strengths and look for what didn't work to learn from

### Spirituality

- Developing your ability to connect with the higher intelligence of creativity, power, love and the presence of life itself.
- Daily spiritual practices to support you to connect to a higher power.

**What are the KEY skills that you need to actively cultivate to be that future self?**

---

---

---

---

---

---

---

**How might you begin a practice of cultivating these daily?**

**Examples:**

- Take a class or training
- Read a book
- Get mentoring



What are the new structures, habits, and routines that will support you live in alignment with the future you're committed to creating?

---

---

---

---

---

### POWER PRACTICE: BECOMING UNSTOPPABLE

Think of a disappointment or setback in the area of your intention and go through the following steps.

1. Suspend judgment
2. Move into curiosity about what's next
3. Ask yourself "If I believed all of life is organizing around my success" what might my next step be?
4. Ask yourself "how can I use this experience to prepare myself even more fully to grow, expand in preparation for what I'm creating in the area of my intention?"
5. Take action on these reflections!

---

---

---

---

Congratulations, you did it! You have completed the 5-step Destiny Process to unlock your Feminine Power and step forth as a powerful creator of your vision.







## 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.

