

STOP FEELING ALONE AND
RESENTFUL IN YOUR
MARRIAGE AND BECOME THE

Supported Queen

THAT YOU TRULY ARE

6 STEPS TO EMBODYING YOUR EMPOWERED FEMININE
TO FEEL SUPPORTED, LOVED AND THAT YOU'VE GOT A
PARTNER THAT WILL ALWAYS HAVE YOUR BACK



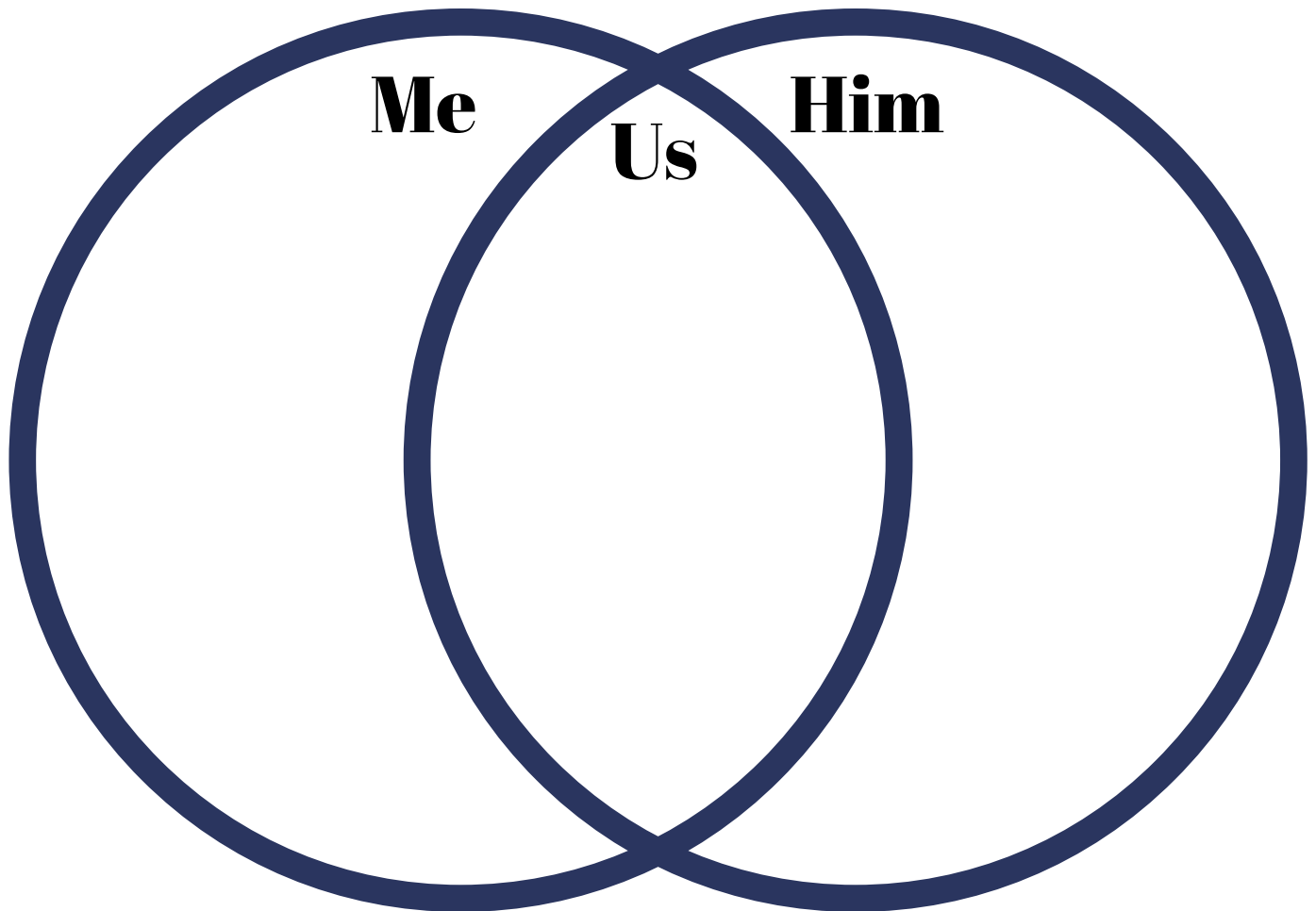
6 Steps to Being the Supported Queen

Watch the training video (in your inbox) that comes with this packet. Fill out the packet as you watch the video.

1. Desires and Vision

Write down or draw your ideal marriage and your relationship vision.

What is your ideal state for you as individuals and as a couple? What would you love to do, have, achieve, experience and feel?



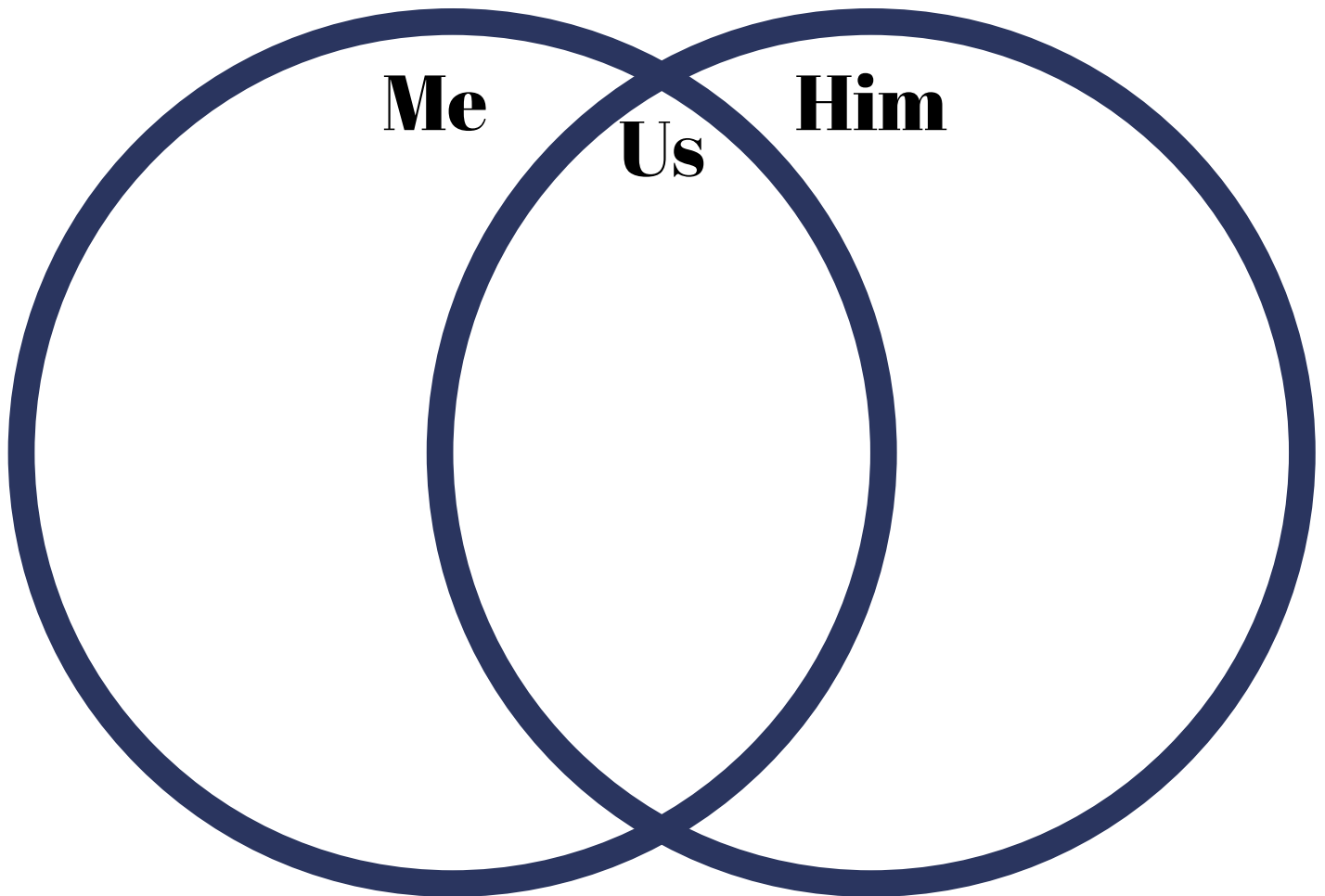
2. Awareness

Why aren't you there? Why isn't he there?

Why aren't you there as a couple?

In order to bridge the gap, you've got to recognize what's currently happening that keeps you from growing into or achieving your relationship vision.

Placing blame and what happened in the past doesn't matter right now. It's about how things are now objectively without blame. Be honest here. It isn't easy or fun to take responsibility, but this is the foundation for transformation.



3. Empathize & Forgive

How does it make you feel? How does it make him feel?

Here you're going to acknowledge, empathize and go deep into feelings. First, fill your own box. How does it feel to be where you are now? How do you feel about the tension, distance, resentment, frustration, lack of communication or whatever your most pressing pain is in your marriage.

Then, do the same for him. Put yourself in his shoes. Be objective and honest. Are there any throughlines? Same feelings from opposite perspectives?

Do these awarenesses bring a sense of relief, understanding or even forgiveness? (Use additional paper or your journal).

Me

Him

4. Set Boundaries

Write a short list (3-5) things you want changed. (Areas where you feel you self-sacrifice or are taken advantage of in your relationship.)

Setting loving boundaries is a skill that takes self-awareness, self-worth, self-confidence, self-love and a lot of practice. Set boundaries that protect and defend your highest vision for yourself, your partner and the relationship.

Watch the training video how to set boundaries. Basically, it's you knowing your highest needs and communicating with love when they are crossed or infringed upon. It gets you out of codependency and fighting.



5. The Art of Authentic Communication

Confidently express yourself, your feelings, desires, concerns and vision with love.

Communicate it honestly and openly every single time.

I teach and explain The Art of Authentic Communication.

1. Notice
2. Inquire
3. Acknowledge
4. State
4. Agree or Agree to Disagree
5. Connect



6. *Embody Queen*

Practice loving yourself first.

There is more to self-care and self-love than just massages and yoga.

It's knowing your needs and making consistent and frequent time for them without guilt, shame and with a no matter what attitude.

As Queen, you are confident, clear, calm, steady and respond to all situations in your life, especially your relationship. I discuss this more deeply in the training video. Feel free to journal as much as you need to around this topic, as a lot can tend to come up for women when they dive into this topic. ♥

