



# Embrace Your Fire

Resources to Ignite Your Creative Spirit

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## *Finding Your Fierce Feminine Fire in Every Day*

Every woman first asks, “*What is Your Fierce Feminine Fire?*” The briefest description is this: It is your *Passionate Creative Spirit!* Your true essence that is uniquely YOU. And, learning to experience this inner power is finding joy and peace in expressing your True Self in what you do, feel, and think. No more pretenses! No more living on the sidelines of your life! Instead, being authentic, vibrant, and really alive! Putting your best self out in the world. And, starting with one foot in front of the other.

*Awakening Your Fierce Feminine Fire is a process.* We can all tune into this energy as we go about our day with awareness. Enjoy this Journey of *Finding Your Fierce Feminine Fire* in the following ways every day. **Notice how you feel afterwards. This feeling is Your Fierce Feminine Fire!**

1. When you wake up, notice your thoughts and feelings about starting the day. Ask yourself if you can *bring forth as much joy* as possible about something, even one thing, you can look forward to. Smile big. Embrace this positive energy. Give thanks for this new day! *Use your voice!*
2. *Honor your passionate beliefs* about how you want to interact with people, animals, nature, your surroundings, and your world; and make every effort to interact in these ways.
3. Stick to the routines you have that you know are in your highest good, even if you struggle to do them (ex. Daily exercise). You will always feel better if you take care of yourself in these ways.
4. Where you can, and there’s probably more opportunities to do this than you realize, change as many things up as possible! Sounds like a contradiction from # 3. It helps to be anchored in #3. But, you also need to move the energy around as much as possible in your day. Be creative! Drive to work a different way, notice the beauty in nature, and leave more time to visit with someone in person or by phone, buy some flowers, or invite someone out for lunch.
5. Pay it forward with acts of kindness. Pay for the person behind you in line at a drive through, help someone in need, and reach out to someone who’s been on your mind, or surprise someone you care about with their favorite treat.
6. Stay committed to your responsibilities. It’s hard to get them all done when you have multiple things to juggle, so prioritize your list and be patient with yourself. Go from most important to least.
7. Schedule some down time for yourself, even if it’s a bath at the end of a long day. Self-care is essential to tuning in to your passionate creative spirit. Our energy needs to be kept balanced and replenished. Energy drain can be the biggest block to experiencing our authentic power as women.
8. This is BIG – notice where in your body you get sensations when you feel disrespected, violated, dismissed or mistreated. Use these sensations as markers that you need to set limits, create boundaries, or stand up for yourself. Our world today is full of stressful encounters. These can all feel like violations. And when we’re in conflict with someone or some place or thing, these mistreatments are even more obvious. They all add up. SET limits and clear, firm boundaries. And feel the sense of true comfort this brings. You are protecting your vulnerable self. Then, wait and see how others will actually respect you more for teaching them how you want to be treated.