



# Fempower Me.

Worksheet 01

Date

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Go getter

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Field of pursuit

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e.g. Work, love, self-growth

*Everyday, I would like to..*

01.

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02.

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03.

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04.

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*Every week, I would like to..*

01.

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02.

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03.

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04.

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*In three months, I would like to..*

01.

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02.

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03.

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04.

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*Before next year, I would like to..*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_

*In three to five years, I would like to..*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_

*Before I die, I would like to..*

- 01. \_\_\_\_\_
- 02. \_\_\_\_\_
- 03. \_\_\_\_\_
- 04. \_\_\_\_\_

### *The Origins*

This was a worksheet that was handed to Fempower Beauty<sup>®</sup> Founders, Alexis & Christina, which they filled with their dreams in 2014. Today those dreams have blossomed into a reality, ones you see in the ethos of Fempower Beauty<sup>®</sup>. It is their desire to Fempower this exercise forward, to assist you in laying down the foundations of fulfilling your dreams.