



Release The 3 P's: Pretend to Be Superwoman (Man)

I. Our Superwoman (Man)

A. What does it look like?

B. Where did the pattern come from?

C. Why important to release it?



D. Superwoman Beliefs

II. Tools to Balance Your Superwoman (Man)

A. Awareness: Journal/Self-Inquiry

1. Where does the superwoman pattern show up in my life today (personal, work)?

2. Why did I take on this pattern? Whose voice is my superwoman (mom, dad)?

3. How has this pattern held you back or affected your life (health, job/purpose, relationships, money, etc.)?

4. What fears and beliefs do I hold that keep me stuck in this pattern?



B. Self-Acceptance, Love and Worth

1. Your Superwoman Pattern

2. Accept, Love, and Balance Your Superwoman

3. Daily Superwoman Check In

C. Actions/Tools

1.

2.

3.

4.



D. Support

E. Passion/Self-Care Work

1.

2.

3.

4.