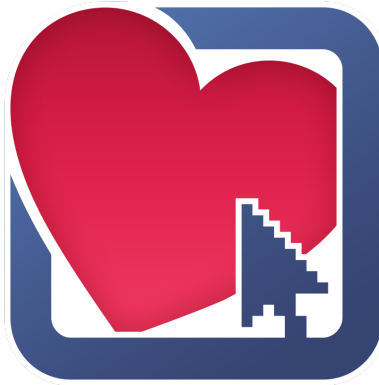


Capture His Heart: And Make Him Love You Forever 2.0

Part One, Module 4: Worksheet

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Capture His Heart:

Section One, Module 4

Worksheet

Go back over those three big resolutions you just made.

Chances are, you've said these kinds of things before, with varying degrees of success.

How can you make them really stick for you this time?

1. How to let the past be the past

Trust yourself. You are an incredible woman with an amazing future ahead of you! You deserve that future.

- If there's someone you need to forgive, get started on that. If you need forgiveness, ditto.
- If there's someone you need to stop hanging around with because they are negative or unhelpful (or too needy), begin the process of breaking away and letting them stay in the past while you move forward.
- Resolve to let your emotions happen, but decide that you will not be controlled by your emotions.

And when you screw up and get dragged back into that quicksand? (Yes, it will happen; all of us have experienced it.) Deep breath. New day. Another chance. Give that to yourself!

2. Claim your power

When you read the main content from today, who were the women in your “Constellation of Support” that came to mind? Who are your she-roes, coaches, role models, and closest friends? Now:

1. Circle some below and/or add to the list. (This is just a TINY list to get you started.)
2. Spend a few moments in sincere gratitude for the wonderful women in your life. Put pictures of them up. Write inspiring quotes and keep them around.
3. Think about what things you can do to keep building the relationships you have, and expanding your constellation.

By the way, if you come visit me on Facebook, you’ll find something inspiring pretty much every single day. **You need healthy food for your spirit**, and that’s what I try to keep going on my wall (in a small way). In fact, if you come across something wonderful PLEASE share it with me. I will pass it on to other women.

Who are your she-roes and role models? Circle some below and/or add to the list! (This is just a TINY list to get you started.) Put pictures of them up. Write inspiring quotes and keep them around.

And remember: You are not alone! You have a great heritage of wonderful, inspiring, powerful women. **It’s time for you to take your place among them.**

Cleopatra
Indira Gandhi
Sandra Day O’Connor
Joan of Arc
Ella Fitzgerald
Frida Kahlo
Corazon Aquino
Toni Morrison
Queen Elizabeth
Boudica
Hatshepsut
Rosie the Riveter
Marilyn Monroe
Annie Oakley
Emily Dickinson

Lucille Ball
Pearl S. Buck
Gloria Steinem
Julia Child
Charlotte Brontë
Hypatia
Mary Todd Lincoln
Eva Peron
Florence Nightingale
Georgia O'Keeffe
Maria Montessori
Andrea Dworkin
Ruth Bader
Anne Frank
Lady Di
Anais Nin
Eleanor of Aquitaine
Amelia Earhart
Mary Lou Retton
Mary Cassatt
Barbara Walters
Jackie Kennedy
Katherine Hepburn
Flannery O'Connor
Helen Keller
Maya Angelou
Oprah Winfrey
Isabel Allende
Estee Lauder
Sojourner Truth
Eleanor Roosevelt
Mother Teresa
Louisa May Alcott
Sacagawea
Sappho
Mary Wollstonecraft
Margaret Thatcher
Rosa Parks
Coco Chanel
Jackie Joyner-Kersey
Marie Curie
Golda Meir
Susan B. Anthony
Madonna
Harriet Tubman
Catherine the Great
Jane Austin

Your mother
Your sister
Your aunt
Your grandmother
Your teacher

A high school coach who took special interest in helping you
A therapist or mentor who was there at just the right time
A teacher from elementary school or college who influenced your life in a very positive way
A friend you've always been able to count on
A podcast, radio, or talk show host who has given advice that really made a difference in your life
A blogger or writer whose work changed the way you think for the better
A mentor who really challenged you to grow
A boss or co-worker who always supports you

3. My future is going to be beautiful

How can you claim this one? Say it, sing it, make it your mantra. Paint yourself a picture, make a beautiful little “shrine” with reminders in your kitchen window, bake it into fortune cookies to remind yourself. . .

Whatever you have to do, remember that it's TRUE. The future is yours, and it's gorgeous.