



FEMCITY®

JUNE
Balancing it All
the Leaders Guide

- 20 MIN. SHARE A WIN
- 20 MIN. COLLECTIVE WORKSHEET
- 20 MIN. GRATITUDE SHOUT-OUT
- 20 MIN. ASK FOR HELP

-WATCH THE MONTHLY TUTORIAL FOR THIS MONTH'S THEME IN THE LEADERS PORTAL // FACEBOOK LEADERS GROUP

-REVIEW YOUR MEMBER REPORT AND EMAILS FOR NEW MEMBERS AND THOSE ABOUT TO EXPIRE WHICH CAN BE LOCATED IN THE LEADERS PORTAL // FACEBOOK LEADERS GROUP

-BE SURE TO ARRIVE 5 MIN EARLY TO YOUR ZOOM ROOM

-CHECK YOUR RSVP'S WHICH ARE EMAILED TO YOU AT THE EMAIL YOU SUBMITTED WITH YOUR WORKSHOP DETAILS

-POST THE WORKSHEET IN THE CHAT BOX OR MOMENTS BEFORE THE ONLINE GATHERING

MONTHLY JUNE SCRIPT:

Hi FEMS!! We are so happy you're here for our Monthly Collective Workshop! The FemCity theme for the month is "Balancing it All".

A few mentions :

We are so happy you're here with us. Welcome! During this time, let's be sure we are there for one another, hold the space for each other and support as best we can in positivity and gratitude.

Reminders : There is a big FemCity Members Group with daily activities and connectivity. Every day there is a way for us to connect on the Members Only Group. Visit femcity.com/members-only for all the links and schedule of activities and ongoings.

There are more classes on the FemCity site and if you need a class taught, please let me know and I will share it Violette and our team. Lastly, please share FemCity with your friends. We are looking to be there for more women and our community only grows with your sharing.

Let's get started with our FemCity Mantra :

We commit to support one another with positivity, trust and confidentiality, and to contribute to the group passionately and enthusiastically with the intention of supporting and uplifting each other in gratitude and kindness.



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BALANCING IT ALL

Created w/ love + prosperity vibes for you
by Founder of FemCity® Violette de Ayala

LET'S THINK ABOUT THE BIG PICTURE

What areas of your life/business are you struggling to find balance?

What is the biggest area from what you noted above? [Only focus on one]

Why does this component seem to be so out of control? [Note 5 reasons]

- 1.
- 2.
- 3.
- 4.
- 5.

LET'S CREATE A PLAN TO FIND BALANCE

Thinking of what you noted above, list three action plans you need to take on in order to get this one area of your life/business in balance:

- 1.
- 2.
- 3.

How will you hold yourself accountable to take on the action steps you noted above?

How will you feel once you've gotten this one area of your life/business in balance as noted above?

What are other things that you can remove from your plate that will give you space for more balance?

Focus on balancing one area, and then move on to the next.





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LAST HOMEWORK

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THINGS TO REVIEW + CONSIDER

What do you need to really focus on during the last week in order to get to your one goal?

What are the action steps you need to put into super charge mode to rev up your results?

Review your alignment to your one goal... how's it going?

Consider removing tasks and activities that are no longer serving you.

What are some tasks you need to improve upon or delegate to others?

Be sure to note your wins, your small strides and give yourself mega doses of love, gratitude and appreciation.

You've got this!!!

We are collectively cheering you on!





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WEEK 2 // JANUARY ACCOUNTABILITY PROGRAM

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HOMEWORK THAT IS ALL ALIGNED TO YOUR JANUARY GOAL:

What will you do this week to step out of your comfort zone?

Is there anyone you can follow up with?

Buy or find a journal for your Money Guide; take notes for the next 7 days of all the wealth around you.

How are your action plans going?

Are you on track for your goal?

What have you done really well?

Where do you need a bit more focus?

See you soon!

