



# UNLOCK YOUR FEMININE POWER

with Dr. Claire Zammit



## Masterclass **GUIDEBOOK**

# Your Official Guidebook for the “Unlock Your Feminine Power Masterclass”

This Masterclass is designed to support you to apply the key openings from the Women Rising Conference to your life!

MARK YOUR CALENDAR for Saturday, April 9th at 10am Pacific/  
1pm Eastern. Allow 90 minutes for this session + LIVE Q & A

## Some Simple Tips To Prepare to Get The Most Out of This Masterclass

WITH DR. CLAIRE ZAMMIT

**1** | We encourage you to print out this exclusive Guidebook before the event starts and take the Feminine Power self-assessment. It will help you to identify areas of your life where you are most ready to fulfill your potential and manifest your dreams.

**2** | We also encourage you to follow the prompts Claire will give you during the event to write down in the Guidebook key take-aways, insights, or ideas that come to you as you listen. Later you will be able to refer back to the Guidebook and review both the core teachings and the elements that resonated most for you.

## A Personal Welcome From Claire

It's Claire, and I'm so happy you're here! In advance of the upcoming **Unlock Your Feminine Power Masterclass**, I wanted to share a little more personally with you. :)

I know you're a creative, talented and gifted woman with accomplishments to be proud of.

At the same time, I also know that you're probably feeling a painful and confusing gap between the greater potential you sense for your life and your ability to realize it.



**I want you to know that the struggles you're having aren't your fault.**

It's truly not a personal failure on your part, and you're not alone. Millions of women are having this exact same experience.

In fact, I have been exactly where you are myself, as this was my story to a tee. A little over 14 years ago, I sensed that I had something important to do and gifts to share, but I was nearly out of money and I had no way of making a living that felt true to my values. I was also

stuck in disempowering relationship patterns and felt creatively frustrated and stuck.



What happened to me over the next year was a journey of discovery so big that it completely altered the course of my life, and has gone on to impact hundreds of thousands of other women, too. As a result of the shift I made that year, I've now created things in my life that reach even beyond the dreams I had from where I started:

- A fulfilling (15 years and counting!) marriage and partnership with my beloved husband Craig
- The support of an amazing network of other powerful women leaders to help me make my greatest contribution
- Founded my dream transformational education company that was recognized by Inc. Magazine as #83 on the list of the fastest growing companies in America, employing an extraordinary team generating over 75 million in revenue and reaching 500 million people
- The opportunity to impact so many other women with my Feminine Power programs
- Now being known as the mentor of mentors for smart, conscious, gifted women through my professional Feminine Power coaching, facilitation and leadership academy
- The chance to write a checks for \$200,000+ to help fund a leadership and self-esteem training program that's now set to impact a million girls in the developing world
- And so much more!

As a result of becoming who I was truly meant to be and realizing my lifelong dreams, I feel more deeply and creatively expressed and on purpose every single day, and my outer life now reflects those inner possibilities I sensed long ago.

**I'm only sharing all of this with you to show you how unrecognizable my life is today from where it was when I first started down this road—and I know that you can make this same kind of shift in your life, too.**

So...the question you probably have right now is this: **What did I discover on that journey that made all of this possible?**

**Two words: Feminine Power.**

It changed my life forever, and I know it can change yours, too.

**And if you'll give me just 90 minutes of your time, I'll show you how!**

The world needs your brilliance, gifts, and talents—all you have to offer—it's your time to RISE and SHINE!

***With love, Claire XO***



# In advance of the Masterclass, Take this Quick Feminine Power Self-Assessment

How much of your higher potential have you realized?



**Without any self-judgment, and with a lot of curiosity and loving kindness, circle your answers to the questions on a scale of 1 - 10  
1 = not at all 10 = YES, fully and completely!**

## Confidence and Presence

How much do you trust your own judgment and act on your own knowing?

1    2    3    4    5    6    7    8    9    10

How clearly and confidently do you express your thoughts, feelings, needs, desires, ideas and visions to others?

1    2    3    4    5    6    7    8    9    10



### Purpose and Calling

How connected to your unique gifts and genius do you feel?

1    2    3    4    5    6    7    8    9    10

How able are you to contribute your gifts and genius to others in ways that are meaningful and have a positive impact?

1    2    3    4    5    6    7    8    9    10

### Love and Relationships

(If you're in a romantic relationship)

How safe, seen, valued and supported do you feel by your partner to become the best version of yourself?

1    2    3    4    5    6    7    8    9    10

(If you're looking to attract a life partner)

How clear are you in your vision for love, and confident in your ability to create a loving life partnership with someone who can "meet you in all ways"? (10 = super confident!)

1    2    3    4    5    6    7    8    9    10

### Values Aligned Prosperity

How prosperous do you feel? Do you have all the financial resources you need to thrive?

1    2    3    4    5    6    7    8    9    10

How positive, aligned and energized do you feel by how you make a living?

1    2    3    4    5    6    7    8    9    10

### Creativity and Self-Expression

How connected to your creative expression do you feel? Are you able to regularly give energy to creative self-expression, fun and play?

1    2    3    4    5    6    7    8    9    10

How much of your life reflects your creative ideas and vision?

1    2    3    4    5    6    7    8    9    10



### Spirituality and Meditation

How supported do you feel by your connection to a higher power?

1    2    3    4    5    6    7    8    9    10

How connected do you feel to your deeper intuitive knowing?

1    2    3    4    5    6    7    8    9    10

### Health and Self Care

How much of a priority is caring for your physical wellbeing at the moment?

1    2    3    4    5    6    7    8    9    10

How energized, well, healthy, at peace, and at home in your body do you feel?

1    2    3    4    5    6    7    8    9    10

### Influence and Impact

How much of a difference are you making in the lives of others? Do you feel like you're uplifting and empowering the people directly around you?

1    2    3    4    5    6    7    8    9    10

How many actions are you taking in your life to change the things in the world that concern you and creating positive change in the world?

1    2    3    4    5    6    7    8    9    10

**You did it! and PLEASE don't worry at all for a moment if you scored low in one or even many areas. In the Masterclass, I'm going to show you the pathway to finally step forward and manifest your hearts desires and fulfill your soul's potentials by unlocking your Feminine Power.**

A couple of quick reflection questions:

What would it look and feel like for you to step into more of your potentials in these areas of your life?

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Which area do you feel intuitively drawn to focus on manifesting in?

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# Getting Ready for the Masterclass

Ensure you prepare yourself and your space so you can **fully engage and receive the most value** from the Masterclass in the following ways:

- 1 |** Make sure you are in a quiet space where nothing can distract you. For example, ask others to avoid disturbing you for the full time of the masterclass, then turn off your phone and your email and Skype alerts.
- 2 |** **Prepare your environment** to best support you to be receptive, open and available. For example, you could light some candles, sit in a favorite chair, have a glass of water nearby, and the printed Guidebook or other notebook or journal, and a couple of pens.
- 3 |** **Take a deep breath, being curious and open** to discovering and experiencing anything that comes up for you during the masterclass.

## Here are some highlights of what Claire will cover in the masterclass:

- A fulfilling (13 years and counting!) marriage and partnership with my beloved husband Craig
- THE BIG SHIFT FOR WOMEN: From Achievement to Self-Actualization
- HOW TO SET AN INTENTION THAT ACTIVATES A “CHAIN REACTION”
- UNLOCKING the MAGNETIC POWER of YOUR DESIRES
- HOW TO BREAK FREE FROM THE BARRIERS TO CREATING YOUR HEART’S DESIRE & SOUL’S POTENTIALS
- HOW TO ACTIVATE YOUR FEMININE NAVIGATION SYSTEM
- BREAK FREE FROM YOUR SUPPORT DEFICIT
- HOW TO “GO FOR THE GOLD” IN YOUR LIFE & WIN



## What global thought leaders are saying about Claire and Feminine Power:



“ Claire Zammit is a woman whose work I deeply admire and a friend I myself turn to for wisdom and counsel. I have trust in her step-by-step process to awaken your Feminine Power. ”

— **Marianne Williamson**, #1 *New York Times* bestselling author

“ Claire’s work empowering women is masterful and her training offers the key at this critical time in human history. ”

— **Dr. Jean Houston**, co-founder of the human potential movement



“ What my friend Claire skillfully teaches and transmits will catalyze a cultural shift of literally cosmic proportions. ”

— **Michael Beckwith**, author of *Spiritual Liberation* and star of *The Secret*





# Unlock Your Feminine Power Masterclass Notes:

Feminine Power is especially for \_\_\_\_\_.

## Section 1. What is the “POWER PARADOX” that millions of women are feeling?

On the one hand, we feel \_\_\_\_\_ and on the other hand we also feel \_\_\_\_\_  
to create the things we now most yearn for.

### Which symptoms of the “Power Paradox” stand out?

Check all that apply.

### In spite of being a smart, conscious, caring, gifted woman, at the same time you also experience:

- Feeling emotionally overwhelmed, anxious, or depressed.
- Finding yourself in relationship patterns where you are over-giving and are undervalued, under-recognised, and feel invisible.
- Yearning for an intimate partnership, but not knowing how to meet someone who is a true equal.
- Feeling called to create a project that is of service to others, but not knowing what it might look like and how to support yourself in that transition.
- Feeling pulled to express your gifts and talents, while at the same time experiencing paralyzing self-doubt.
- Feeling a desire to be radiant, alive, and at home in your body, but struggling with your health, and feeling shame and confusion about not being able to make the changes you think you should make.
- Feeling lonely and isolated even though you have good friends and family members in your life.
- Sensing you came to this world to participate in some larger world- changing calling.



The root cause of the powerlessness that we're feeling that's at the **root of this gap is the \_\_\_\_\_**  
**\_\_\_\_\_ system of power.**

**Key Take-Away:** The struggles you've been having to manifest your higher potentials are not your fault and not a personal failure.

They have to do with the masculine system of power we've been steeped in.

## Section 2. The 8 Key Areas of Feminine Self-Actualization

**Can you imagine what it would look and feel like to step into the potentials for:**

- Authentic confidence
- Love and intimacy
- Unlocking your unique gifts and talents
- Life purpose and calling
- A prosperous living that is aligned with your values
- Creativity, fun and play, and the power to manifest your desires
- A deeply rich spiritual life where you feel supported by a higher power
- Effortless structures of self-care so that you can feel deeply alive and at home in your body
- The power to ignite and lift up the people around you, and make the world a better place

**Key Take-Away:** The potentials for your life you sense and feel are REAL. In fact, they are bigger than you can imagine, especially in these 8 Key Areas of Self-Actualization.

When you make the shift to creating with Feminine Power you'll have the power to create in these 8 key areas of self-actualization.



### Section 3. Common Manifesting Mistakes at the level of self-actualization

Goal setting, strategic planning, “surrendering” to a higher power.

Which ones do you see you’ve been making?

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To manifest and create with your Feminine Power you need to connect with your \_\_\_\_\_.

**Questions to ignite this process:**

- What do you most deeply yearn to create?
- Where are the biggest gaps between your potential and your current reality?
- Which has the biggest energy?

Notes:

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Imagine what can happen if you step into Feminine Power and being a creator, turning towards yourself, connecting with your deeper yearnings/biggest gaps and commit to having a breakthrough in this area (even if you can’t see the how to).

**Key Take-Away:** Focus on your deeper yearnings to activate a chain reaction of your potentials manifesting!



## Section 4. Break Free from Your Inner Glass Ceiling

Your **biggest barrier** to being able to manifest and create the potential you feel is not the lack of resources or time, it's \_\_\_\_\_.

Research shows that \_\_\_\_\_ percent of what goes into making up what you're calling your "experience" is getting generated from the information that's inside of your brain, and only \_\_\_\_\_ percent from the actual external circumstances and events.

You absolutely cannot manifest at the level of destiny if you have an inner block or barrier.

The roots of these old beliefs and patterns are sourced from \_\_\_\_\_, who developed at a much younger age than your chronological self.

There is a part of you that is more powerful, has the wisdom and power to break free. Connect with your most wise and powerful self and bring that into the area where you're struggling and the part of yourself that is stuck.

**How connected are you to a sense of power and possibility in the area you're wanting to create and manifest in?**

**Who or what have you been blaming as the reason you can't get traction in the area of your life you want to create in?**

**What can you now see is the deeper cause?**

**What might become possible for you if you were to show up in this area where you're manifesting, in ways that aligned with this deeper truth?**

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**Key Take-Away:** To manifest and create in all 8 areas of self-actualization requires growth out of the limiting beliefs and patterns that have been holding you back up until now!



## Section 5. Activate Your Feminine Navigation System

Vision boards and visualizations can be a wonderful tool, but they are still part of a \_\_\_\_\_ system of power.

**You can't create from your \_\_\_\_\_ with goal setting and vision boards alone. At the level of destiny we are yearning for something that is outside our current experience, reality and history.**

**To manifest at the level of destiny, you need to connect with a higher power.**

There is an intelligence in the Universe bigger than your own mind. It's more powerful than your own will. When you plug in to and connect to this intelligence, you have a sense that life is organizing around your success.

**When you connect with your \_\_\_\_\_, you can connect to your \_\_\_\_\_ that begins to ignite a whole process of creation.**

**If you let yourself FEEL your deeper desires and truly believed that all of life was supporting you, what would you create?**

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**Key Take-Away:** You are likely yearning for something deeper than surface-level goals. You are yearning to self-actualize. And you can create at this level by activating your Feminine Navigation System.



## Section 6: Magnetizing the Support, Resources, and Opportunities You Need to Thrive

If you're struggling to create and manifest the things you desire, chances are you're suffering from a \_\_\_\_\_ deficit.

When you join forces with others as power partners, **your power amplifies exponentially.**

**How many other people in your life are aware of what you most desire to create and are supporting you to create it?**

**If you could create or manifest any kind of emotional or practical support, or access any resources, what do you most need right now?**

**NOTES:**

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**Key Take-Away:** You can't become yourself by yourself. You need support from others to grow into who you came here to be. You need to expand your power to connect with others to manifest at the level of Self-Actualization.



## Final Reflections

Which of Claire's stories touched you most during the event? Which one did you most relate to?

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Imagine yourself 60 days from now having applied all the insights from the masterclass to your life and unlocked your Feminine Power... what becomes possible for you?

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What would it cost you not to make this shift? What will you lose if you don't make it—time, opportunities, confidence, or something else?

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**Key Take-Away:** The possibilities for your life you feel and sense are REAL. If you sense a higher possibility for your life, making the shift to Feminine Power is the single most important shift you can make.

Stay connected with us at  
**FemininePower.com**