



*YOU ARE AN EMPOWERED WOMAN*

MODULE 3: LESSON 2

**Strategic Intervention**

2.) Pick one pain point to focus on. What one do you want to begin to work on first?

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3.) Describe your pain as a metaphor. What is a personal metaphor you could use to describe this negative pattern you carry with you? The definition of a metaphor is a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable, it is an implied comparison.

Ex. "I am drowning in grief." "I carry a burden of guilt." "I am full of anger."  
"I am living in fear." "I`m under a lot of pressure."

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4.) Do something with the metaphor.

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**Strategic Intervention**

5.) Create a new metaphor.

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6.) List 5 of your strengths.

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7.) Love yourself. What affirmation could you use to remind yourself of self-love?

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You can do this exercise with any or all of your pain points.

Gina Keeping Coaching

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