

Secrets To Radiating Inner Confidence & Magnetic Presence

VIDEO SERIES JOURNAL



This pdf handout accompanies the 3 part video series, so make sure to watch the videos before using this pdf.

This is based on the Inner Power Game Framework - a way of BEING that allows you to tap into your power and hold that frequency regardless of whatever challenges you may be expressing.

By so doing, you create the life you want (be it business, work, health, money or lifestyle goals) without needing external validation. Helping you magnetise and manifest resources from your already available internal resources!

The following are three powerful exercises that will help you get clarity on what you want, drop whatever no longer serves you and tap into your power to bring forth the lifestyle you so truly deserve.

EXCERCISE 1: GETTING CLEAR WITH A LOVE LETTER

In order to move forward from where you are - to where we want to get to - we need to get clear.

I speak to a lot of women who are frustrated with where they are in their lives and desperate to change things.

Yet they are not clear on exactly what they want (or even what is they actually want to change).

This little exercise will change that for you and help you shift vibration.



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In a quiet space, get a pen and journal and write a love note to your future self. This is what I want you to express to her.

Tell her:

- Where you are at the moment and what you are ready for?
- What is stopping you from moving forward - what are your fears?
- What you want. In this describe it fully. Write it like you are living it. Describe it all. How do you feel, what are you doing, where are you, who is with you?
- Now list all the things you are currently grateful for. Feel the energy of gratitude expand your heart space.

EXERCISE 2: ENERGETICALLY DROP AND CLEANSE

Then just before bed, I want you to treat yourself to a beautiful spiritual and cleansing bath.

Water is a power element for change and clearing the way for healing. Water can help you wash away negative vibration, thoughts and emotions that form the root of many physical and emotional problems that may be keeping you stuck and holding you back.

Make an intention to use this bath to let go of anything that is keeping you stuck or insecure.

In your warm bath, you could try my favourite combination of oil - Clary Sage, Lavender (optional Rose) with Coconut Oil. While in the bath, keep your intention to drop and let go.

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EXERCISE 3: Set Your Feminine Boundaries

There are so many ways I work with women in truly bringing forth what they want. One of my favourite is through balancing of your masculine and feminine energy.

As a woman, your divine feminine power is to be open to receiving, while your masculine is to take intuitive action.

This is one of the foundation of the work we do in the **Inner Power Game Circle** because I find in my work, that a lot of women work more in their masculine - having lost touch with their femininity (or vice versa).

As a starter, in helping you tap into your powerful divine feminine state, do the following exercise...

Get your journal again and list 10 to 20 standards as a woman. This can be how you want to be treated, what you will accept and not accept. And most importantly how do you want to feel as a woman?

This little exercise will shift how you truly show up immediately.

Again it's another energetic shift people around you will be able to sense and feel!

Go You!

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What Next...

When I work with women who have been stuck in a state of anxiety, stress and road blocks for donkeys - with even a day of energetic work I hear things like:

"The focus on my authentic inner self during the day enabled me to let go of emotions and energy that were keeping me stuck"

Let me support you to deal with life's challenges, dream bigger and create!

The Inner Power Game Circle is how I can support you better. As a member, each month you choose what you want to work on along the circles journey path:

Connect - if you feel you are out of touch with your body, power, nature or anything that matters to you

Grow - a business, a project, a community - whatever! Because I truly believe every girl must have their own project, money and passion!

Love - if you are feeling out of touch with love - be it in yourself, attracting your soulmate or just feeling love.

Leap - because every women should be able to live a life of bliss where putting YOU first is without guilt.

Let me hold space and keep you accountable for your happiness.

The Inner Power Game Circle Is Now Open!
Registration happens only 4x a Year.
Go here to Register before it closes!
<https://innerpowergame.com/register>

About Folake

INNER
POWER
GAME

I'm a former tech girl who experienced a successful career but left to follow an entrepreneurial path. I have run various types of businesses including award winning production companies based in London and featured in places like Cosmopolitan to Forbes. I am also a Woman in Business Mentor.

Nevertheless, my true calling lies with empowering women. I understand the issues you're dealing with (been there in a male dominated industry), and the human challenges as well—major life changes, breakups, single motherhood, work-life balance, you know life and living through it.

Using the tools I have learned as a practitioner of tantra and alchemy, I will hold the space for your own self-discovery, perhaps unlike anything you've experienced until now.

If you've never experienced that kind of support it's difficult to explain, but I'll try: it's like combining a huge warm hug with a padded room where nobody will interrupt you so that you feel safe and can decide how you want your life to look, feel, be.

On an energetic level, you already know if my approach is for you. The question is, will you listen?

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