

Unmute Your Soul Toolkit

#2 The Good Girl

Use these exercises to let go of being a good girl and take back your power.

Steps to let your good girl go

Find out where and how you play this pattern. Here are some questions for contemplation.

- How do you feel about being a woman?
- Are you denying your own needs anywhere?
- Do you get lost in articulating your own thoughts?
- Do you put other people's values before your own?
- Do you experience guilt when you take time out for yourself?
- Are you able to express your own opinion?
- Do you resent the fact that others are not grateful for your self-sacrifice?
- Do you feel misunderstood?
- Do you need to set more clear boundaries?
- Do you have to take responsibility for something?
- Do you notice that you often can't express yourself fully—that you are hiding in some way?
- Have you ever heard from someone else that you have to be quiet?
- What are the circumstances or areas where you typically hold back? In your work, your relationships or elsewhere?
- Have you ever been punished for speaking up?
- Can you express yourself confidently in the company of men or persons of authority?

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Are you resenting anything in your life?

I invite you to think about this for a while.

If yes, let's look at exactly where the resentment might be coming from.

- What boundary have you been unclear about?
- Is something bothering you about a situation where you have not fully expressed yourself to someone?
- Have you held your feelings back in some way to avoid hurting another person's feelings?

Use this formula to create a dialogue with yourself. Write it out. Be specific.

- I feel resentful because...
- This means I haven't been clear about something bothering me. Here is the boundary that has been blurred.
- Here's what's okay with me.
- Here's what is not okay with me.

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Answer these questions in your journal and take back your power.

- What are my needs and desires?
- Where would I like to let go?
- What part of me would then surface if I would allow it to?
- What's really stopping me from meeting this part of myself?

Now bring your awareness into the power you have sitting in your pelvis region and womb. Breathe into that and allow the energy to become stronger. This is the seat of your wisdom and strength. Make a practice of moving your hips to get rid of the stagnant energy there. I love to dance, shake, and circle my hips because it shifts the energy. Here are a couple of suggestions for music, make your own playlist:

- Arabesque (Kareem Raihani Remix)
- Kareem Raihani - Dancing With Me
- Xavier Rudd - Follow The Sun
- Katy Perry - Firework
- Alicia Keys - Girl on Fire

Another exercise is to feel your feet firmly on the ground. Massage them, bathe them in a footbath, and rub lovely oil onto them. Feel how you stand in your strength. Enjoy the stillness and feel what's alive in your body.