

The Radiant Woman

Five Keys to
Reclaim Your
Power,
Confidence,
and Radiance



by Deborah Keene



Welcome!


Welcome to the
"Five Key Elements to Reclaim Your Power, Confidence and
Radiance" workbook designed especially for women.

The purpose of this workshop is to empower you to feel really good about yourself and connect to your deep inner strength and confidence so you can radiate the light from your soul and unleash your full potential as a Radiant Woman.

In this workshop, we will cover:

- Loving Yourself: what radiance is and how it relates to our power and confidence
- Six Reasons women struggle with unworthiness, fear, and self doubt
- Five key elements for becoming a strong, confident, fearless woman





Radiating the Love for Yourself

"A woman's light - her radiance - will always support her."

When we love who we are:

We feel comfortable being ourselves.

We are connected to the truth of who we are: to our soul.

We are happy and healthy.

We feel worthy, strong and powerful.

We express confidence, grace, humility and love.

Our radiance shines out and we attract that which is meant for us.

*"You being enough is not dependent upon anything,
not even your own opinion of yourself." -Jennifer Williamson*

When we are not situated within ourselves:

We become people pleasers.


We look to external sources for our self-esteem.

We have a hard time saying no--which leads to overwhelm.

We feel anxious, insecure and worry a lot

We feel helpless and like a victim: we suffer a lot

We develop unhealthy habits and addictions when we try to cope with feelings of depression, anxiety, and low self-worth by using food, alcohol, and other substances which makes us feel worse about ourselves.





How does it show up in your life when you feel good about yourself?

What do you experience when you do not feel strong within yourself?

"I am worthy. I am Divine. I am happy and holy."





Six Reasons Women Struggle with Unworthiness, Fear, and Self-doubt

1. ***Not situated within themselves.*** A misunderstanding of the truth of who we are; we forget our essential nature and lose connection to our soul
2. ***Outside living vs. inside living.*** Look to external sources for validation: **we compete, compare, complain**
3. ***Mindset.*** Negative thoughts which lead to limiting beliefs
4. ***Low Energy.*** Not enough prana (energy) circulating through our systems.
5. ***Unhealthy habits*** with Diet and Lifestyle
6. ***Living out of sync*** with nature's daily and seasonal rhythms



What are some the things that contribute to your personal struggles?

In what ways might you be living out of alignment with Nature's rhythms?

"Happiness is a habit."





Five Key Elements for Becoming a Strong, Confident, Fearless Woman

1. ***Increase awareness:*** Strong, clear intention and attention.
2. ***Know thyself, heal thyself:*** Heal from negative mindset and limiting beliefs and release what is no longer serving you.
3. ***Affirm yourself daily:*** A woman's highest authority and meditation is ***always self-love***. This is the way to inner peace.
4. ***Adjust diet and lifestyle:*** Establish positive daily self-care habits and practices aligned with Nature's rhythms.
5. ***Develop Daily Sadhana/Spiritual Practice:*** The heart and soul of transformation. This is the foundation for mastering ourselves: Movement, Breathwork, Meditation, and Prayer.



My Five Pillars

My Intention

Negative Self-talk that I can Release

Strong, Powerful Affirmations

Self-care Habits for Healthy Diet and Lifestyle

My Daily Sadhana





About Deborah

Deborah is a beloved yoga teacher, mentor for women, and Ayurvedic practitioner whose teachings are grounded in her in-depth studies, direct experiences, and personal transformations. She brings 40 years of experience to her offerings blending the healing powers of yoga, Ayurveda, women's wisdom, spiritual teachings, and natural skin care, including face yoga. She has studied throughout the United States and in India with some of world's leading teachers.

My mission is to help you feel really good about yourself and get clear on what lights you up, so you can love who you are and live the life you were destined to lead.

Wanting further support?

To learn more about my
RADIANT WOMAN 1:1 MENTORING PROGRAM,
please schedule a FREE consultation at
<https://ayurvedadayogacentercoaching.as.me>

"Do more of what you love."



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