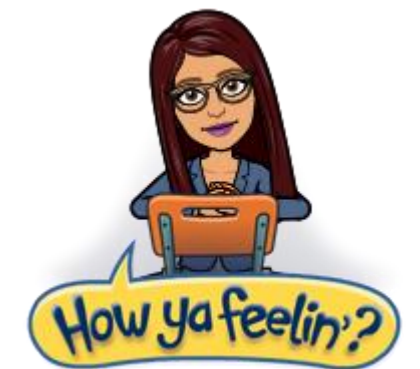


Some Common “Reality/Survival Women” Expressions/Spheres!

Emotional	Personal	Physical	Intellectual	Creative	Spiritual
<p>I don't like to be on my own much.</p> <p>I start to feel lonely.</p> <p>I like to keep busy so I don't have time to think.</p> <p>I have fears that things might not turn out the way I want them to.</p> <p>I get nothing back!</p> <p>It's never about me!</p> <p>It upsets me when I get someone a really good present and they put no effort in in return.</p> <p>A lot of people from my past still make me angry.</p> <p>Sometimes I still hate people who have been mean to me.</p> <p>Things build up.</p> <p>People just want to play games.</p> <p>Friends should share everything.</p> <p>I like doing things with my friends even if it means doing same things over and over again.</p> <p>It's important for me to be liked.</p> <p>I don't like to say “no”.</p>	<p>I don't always know what the right thing to do is.</p> <p>I often feel confused and find it hard to make decisions.</p> <p>I find it difficult to finish things off.</p> <p>I lack confidence, so I just don't do certain things.</p> <p>I don't sleep well.</p> <p>What people think of me is very important.</p> <p>If I am able to please most people it means I am successful.</p> <p>I like to fit in.</p> <p>I don't feel motivated to do things differently.</p> <p>I don't like to cause conflict.</p> <p>I like to know What my friends and family are up to all the time – I like to be involved.</p> <p>I am always on social media I like to keep up with what everyone is doing.</p> <p>I don't like to share...I am often very secretive about what I am going to wear.</p> <p>I do compare my life and relationship to others.</p>	<p>I like to think I'm eating healthy.</p> <p>I often turn to food for comfort.</p> <p>I am always tired.</p> <p>I love receiving compliments.</p> <p>Often, I have trouble getting out of bed in the morning.</p> <p>I go to the gym with my friends but we don't really measure how much exercise we actually do.</p> <p>I don't really like physically activities but it's nice to meet with my friends.</p> <p>I love being a couch potato.</p> <p>Watching TV is one of my favourite things.</p> <p>I know I am over weight.</p> <p>I think it's ok to make fun out of the other people.</p> <p>I like to look nice but I don't think I can catch up with my weight now, it's too late.</p> <p>I have tried many diets but it's hard to stick to one.</p>	<p>I get bored easily.</p> <p>A chance would be a fine thing.</p> <p>Who cares as long as the bills get paid.</p> <p>I don't have many interests outside common interests that most people around me have.</p> <p>I just go with what everyone else is doing around me.</p> <p>I'm happy as long as I fit in with the people around me.</p> <p>I love the idea of holidays and meals out but I don't really want to do anything interesting of my own really.</p> <p>I can't remember the last time I read a book.</p> <p>I don't really ever think about further education.</p> <p>about something or something new.</p> <p>Most other things are more important to me rather than having an original idea.</p> <p>I like to be known for someone who have fun and looks happy.</p> <p>The number of parties I attend tell me how popular I really am and that's important.</p> <p>Sometimes I gate crash so I don't feel left out so people don't think I did not get an invite!</p> <p>I don't really think of my” time” as investment.</p>	<p>I never have the time.</p> <p>As long as I am in line with what people have around me in terms of home, car, branded clothes etc I don't really think about the future or evolving etc.</p> <p>I don't really think I am creative.</p> <p>I can't remember the last time I challenged myself to learn something new or different.</p> <p>When I do start something new I hardly ever finish it any.</p> <p>I don't really like getting my hands dirty in the garden or painting etc.</p> <p>I have never thought of music as inspiring or calming.</p> <p>I usually just listen to same type of music.</p> <p>I don't set myself any goals to do anything new or different.</p> <p>My idea of creativity is trying different restaurants to eat.</p> <p>I don't understand why someone wants to be a vegetarian or even vegan.</p> <p>I just stick to my daily routine.</p>	<p>It's all about having a drink and having a laugh.</p> <p>I don't think much about the future or set myself any goals.</p> <p>I never question what my ancestor have believed or have led us to believe and carry forward from generation to generation.</p> <p>Things don't have to make a deeper sense for me to take part in them.</p> <p>I really don't have a deeper purpose in life.</p> <p>I don't have any interest in history etc.</p> <p>I don't think about the bigger picture, as long as me and my family are ok.</p> <p>I don't often think of spiritual side of things.</p> <p>I do like to show off and be centre of attention.</p>



Modern & “Thriving” Women Are About Living a Balance Lifestyle! They know that self – knowledge/awareness is power! They invest in themselves!

Emotional	Personal	Physical	Intellectual	Creative	Spiritual
She is emotionally intelligent.	She is very together and is like a breath of fresh air.	She knows her purpose in life.	She is motivated and driven.	She recognises when she needs help and support.	She strongly believes we are here to Evolve!
She is aware of perception.	She takes accountability for her actions.	She rather watch meaningful T.V or True-life movies to inspire her.	She is a great believer of life long learning.	She reaches out when She need to.	She has faith, she does not feel that if she is not actively nosey she will miss out on something.
She is empathetic and compassionate.	She values herself and measures her success in her own terms.	It’s nice to receive compliments but not necessary.	She’s strong-minded.	She explores her creativity.	She feels the right information will come to her anyways.
She is emotionally intelligent.	She is intrigued.	Humour movies are her favourite.	She’s rationally challenging.	She is connected with nature, she doesn’t mind getting her fingers/hands dirty.	She leaves an encouraging imprint.
She has clear beliefs and values.	She always strives to be better and to improve.	She lives a healthy lifestyle.	She knows what She wants.	She makes time for what’s important to her.	She believes sharing is caring.
She is enduring and patient.	She is full of positiveness & Optimistic	She does regular measurable exercise.	She is a go getter!	She knows when to delegates.	She is free from worry and fear.
She knows the difference between wrong and right.	She has a good sense of humour.	She is aware that what “She may not use she may lose”. She builds her memory, flexibility, strength and immune system.	She is passionate.	She sees the silver lining in situations.	She believes things happen for a reason.
She can make her own decisions.	She is firm but tender at the same time.	She invests her time and money in more than just the physical & material things.	She is innovative.	She gives her best at everything.	She accepts what she cannot change.
She enjoys her own company.	She is reliable and have uprightness. She has class and she is dignified.	She stops to think what the other person might have been through to be the way they might be.	She welcomes a challenge and sees it as an opportunity to learn for the future.	She bee’s 100% in every moment in what ever that she is doing.	She is enthusiastic about her future.
She like having her personal space.	She is an active listener.	She doesn’t make Excuses.	She sets herself goals. She Invest her time & Energy into her choices.		She knows the advantages of Meditations & Yoga.
She lives to do the right thing and not just to please people.	She is Original & Authentic.	She recognises a problem and works to find a solution.	She has good time management skills.		She connects to the universal energy.
She thinks it nice to be liked but she does not think it’s always necessary.	She has Charisma.	She is playful & Joyful.	The knows the meaning of true and deeper happiness.		She sees the bigger picture.
She like to Explore the unknown and try new things.	She values herself.	She loves nature, animals and love to explore the outdoors.	She would like to be known for her ideas and for making a positive difference.		She sees herself as an equal.
She is at peace with her past. She is able to see it as a silver lining.	She invents her own style.	She invests in more than the physical/material things.	She values herself.		She is humble and grounded.
She doesn’t mind being the first one to reach out to others.	She is confident & organised.		She is always reading a new book.		She feels Secure.
She doesn’t mind being the first one to reach out to others.	She believes in herself.		She is always learning something new.		She is love and peace.
She has healthy relationships.	She finishes off what She start.		She is never bored.		She doesn’t blame.
She manages situations.	She set herself deadlines.		She spends time with people who stimulate her and inspire her.		She respects herself and everyone else.
She is nurturing and kind.	She speaks the truth, she has integrity.		She creates a positive environment.		She appreciates everything and shows consistent gratitude.
She doesn’t fall prey to jealousy & possessiveness.	She radiates sensitivity & thoughtfulness towards others.		She learns something from every experience.		She doesn’t quit.
	She has good communications skills.		She knows nothing is ever wasted.		She can make a leap of faith.
	She communicates her feelings openly, honestly and clearly.		She can agree to disagree.		She knows she is more than just body and mind.
	She loves her sleep, and make sure she gets the right amount.		She can forgive.		She doesn’t personally take credit for everything.
	She is aware of her choices.				

