

# 7 PRINCIPLES TO MASTERING THE FEMININE ART OF BALANCE

1. Identifying your divine purpose and finding pleasure in the things you do everyday.
2. Strengthening your relationships with family, friends and lovers.
3. Experiencing vitality in your physical body.
4. Accessing the abundance of resources available to you.
5. Working to empower your community on a micro and macro level/responsibility for and pride in your community.
6. Connecting to your source.
7. Uncovering where all of these elements intersect.



# FEMININE ENERGY IS...

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Holistic

Intuitive

Nurturing

Creative

Healing

Receptive

Expansive

Soft

Introspective

Colabrative

Passionate

Flowing

# *Mind*

## **CLARITY**

Strategies to reconnect with your divine purpose.

## **CARE**

Self-care techniques to minimize stress, shed excess weight and increase energy. .

# *Body*

# *Soul*

## **CONNECTION**

Rituals to sharpen your intuition and tap into your creative energy.

**A WOMAN WHO EMBRACES HER**  
*Femininity*  
**IS A WOMAN WHO KNOWS HER**  
**POWER**

*~ Kelly McNelis*

*Feminine Art of Balance™*

# Sisterhood

The importance of a strong support group can not be overstated. Women are by nature communal and rely on each other for inspiration, support and comfort. This is why the F.A.B. Life 101 program includes monthly meet-ups, access to a private on-line community and weekly accountability calls.



# IF YOU FEEL....

- Overwhelmed
- Stressed
- Burned Out
- Disconnected
- Unfulfilled
- Fatigued
- Heavy
- Dissatisfied

**Chances are you're out of balance.  
We're here to help.**

***Are you ready?***  
**Sign up for your free 30 minute  
consultation.**

**[www.fablifelife101.com](http://www.fablifelife101.com)**