

A photograph of three women standing on a beach, wearing long white dresses. The woman in the center is raising her right hand towards the sky. The background shows the ocean and a clear blue sky with some clouds. A semi-transparent white rectangle is overlaid on the image, containing the title and website address.

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# 3 STEPS TO AWAKEN YOUR DIVINE GODDESS CONTENT LIST

[DONNA-OWENS.COM](http://DONNA-OWENS.COM)



## Step 1: Reconnect

Workbook:

Why Reconnect is important  
2 reasons why you lost connection  
3 Divine Feminine Aspects linked to Reconnect  
How & 5 ways to Reconnect  
14 Day Reconnect challenge  
Journal prompts & pages  
Summary & Affirmations  
Reflection Page.

Audios:

Why Reconnection is important  
Why you are disconnected  
How to Reconnect to your heart  
Listen to your heart  
14 Day Reconnect Challenge  
Reconnect Affirmation Audio  
5 Minute Breathing practice video

## Step 2: Nurture

Workbook:

Why Nurture is important  
3 Divine Feminine Aspects linked to Nurture  
The 3 Selves (self-care, self-love, self-trust)  
Triggers are your messengers  
14 Day Reconnect challenge  
Journal prompts & pages  
Summary & Affirmations  
Reflection Page.

Audios:

The Goddess nurtures her spirit  
Triggers are a welcomed message  
Find comfort in your heart  
14 day Nurture Challenge  
Nurture Affirmation audio  
ho'oponopono Prayer audio  
Light Language Heart Chakra Cleanse video

## Step 3: Activate

Workbook:

Why Activate is important  
Why you have lost joy & passion  
3 Divine Feminine aspects linked to Activate  
Discover your soul truths & values  
Your Inner Maiden  
Goddess of Joy  
14 Day Fun challenge  
Journal prompts & pages  
Summary & Affirmations  
Reflection Page.

Audios:

The Goddess lives by her Soul truths  
Let your Inner Maiden free  
14 day Fun Challenge  
Joy Affirmation audio  
Dance, Goddess, Dance playlist

# Bonus Step: Space

Workbook:

Remember Goddess

Journal Prompts & pages

The Masculine Aspects you do need

Audios:

When it all feels too much

Flow of life

Call in your Inner Warrior

Affirmations for strength

Light Language Calm video

## Come and Awaken your Divine Goddess...

It's your time to step out and be seen.

To reconnect, nurture and activate the light of your Feminine heart.

To have clarity, confidence and to take action for a life of peace, passion and well being.

### What you receive:

- This is a self led online course which contains Audios, Affirmation Meditations, 14 day Challenges and Workbooks on each step to listen, download and complete in your own time.
- 6 months access to the content, support and access any to Bonus Workshops.
- Access to chat support anytime you need inspiration, support or motivation along your journey to awakening your inner Goddess.

Are you ready? Let's awaken the Goddess you're meant to be.

[Click Here to Join](#)