

**A GUIDE TO TAPPING  
INTO YOUR INNER  
GODDESS**



EST.

2009

**GRATEFUL**  
GODDESSES

***THE GODDESS GUIDE  
SAMPLE***

***WRITTEN BY KAREN PULVER***



To be a *Goddess*, a **woman** must give herself all the love, kindness, affection, admiration, respect and care that she has.

A *Goddess* exudes the **energy** of **passion, authenticity,** and **enthusiasm**, which is attractive, inspiring, and contagious. She has within her a certain “quality” that everyone gravitates to but cannot necessarily name “it”. A *Goddess* is naturally moving towards a state of joy, peace, gratitude, and happiness, no matter what happens in her life.



## WHAT TO KNOW - THE FIRST STEPS

In order to learn how to tap into your inner goddess of all the qualities, you would like to bring out there are a few steps ...

1. **Know** and affirm that you already have these qualities within you all along, you just have to learn them...
2. **Listen and watch** how others have tapped into those qualities -listen or watch the podcasts and you-tubes at [www.gratefulgoddesses.com](http://www.gratefulgoddesses.com)
3. Take **Actionable Steps** to tap into those qualities- join us live on GG TV each week to have an opportunity to practice these steps. GG TV is an interactive show that encourages participants to practice tapping into your inner goddess. Register free at **pulver.com**
4. Get **Empowered and Encouraged** by the Goddess community and hold yourself accountable to make these changes step by step to be the best you can be.

**USE THIS GODDESS GUIDE BOOK TO HELP YOU RECORD YOUR LESSONS AND ACTIONS TO LEARN HOW TO TAP INTO YOUR INNER GODDESS.**

**SPEND FIVE MINUTES A DAY RECORDING AND REFLECTING. TRY OUT THE EXERCISES AND SEE IF YOU CAN INCORPORATE THE LESSONS INTO YOUR DAILY LIFE. RECORD HOW YOU FELT AFTERWARDS. CHALLENGE YOURSELF TO TAKE THAT FIRST STEP EACH DAY.**

**REWARD YOURSELF ONCE YOU TRY...SEE THE SELF CARE REWARDS AS EXAMPLES.**

## LESSON ONE - **THE CHOICE TODAY**

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I AM MAKING THE CHOICE TODAY TO (write three positive actions you can take today towards yourself or others)

- 1-
- 2-
- 3-

I WILL HOLD MYSELF ACCOUNTABLE FOR THESE CHOICES BY DOING

- 1-
- 2-
- 3-

END OF THE DAY

I WAS ABLE TO MAKE THE CHOICE TODAY TO DO

- 1-
- 2-
- 3-

TOMORROW I WILL ADD TO THE LIST OR COMPLETE

- 1-
- 2-
- 3-

## **Dr. Edith Eger's Interview**

Her ability to see the positive even in the grim reality and adversity and make THE CHOICE to move forward in her life and instill that for others to move forward and look at how special they are, there is no one else like them and to think positively each day

**LESSONS I HAVE LEARNED FROM DR. EDITH EGER**-I learned to not sweat the small stuff and look to each day as an opportunity for a new positive change. I understand better now from Dr Eger that we cannot control the day but we can control how we react and respond to the days events.

## **ACTIVITY TO TRY EACH DAY**

Dr. Edith Eger taught me to look in the mirror each morning and say how special I am and make that choice of how I will want my day to go and how I'm choosing to react to things in my day. When you look in the mirror say to yourself that you are the only person like you, you are grateful for your body, mind and spirit, You may also want to try to put sticky pads with daily affirmations on them. WORDS AND AFFIRMATIONS HAVE POWER!

Tune in to the episode to learn more

<https://gratefulgoddesses.com/making-the-choice-with-dr-edith-eva-eger/>

Dr Eger- “you cannot give what you don’t have, love yourself so you can love others, rather than saying yes, say yes and, anger takes away your power, underneath anger is a lot of pain, take anxiety and turn it into excitement, see what you are holding on to and what you are willing to let go of, we are not born to hate, we need to get rid of the us versus them mentality, use the motto-” up until now I did and now I will”!



**SELF CARE REWARD-** Dr. Edith Eger loved to dance. Dance is a powerful way to release endorphins and help you to feel good. Turn on some tunes and dance dance dance!!



**Dr. Edith Eva Eger**

A native of Hungary, Edith Eva Eger was just a teenager in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the heinous death camp.

## LESSON TWO - INTUITION

I AM GOING TO LISTEN TO MY GUT TODAY BY REALLY PAYING ATTENTION TO HOW I FEEL ABOUT A DECISION OR SITUATION. I WILL DO THIS BY

- 1-
- 2-
- 3-

I WILL CARVE OUT "WHITE SPACE" TIME TODAY TO SIT IN STILLNESS AND LISTEN TO MY INTUITION AND SEE WHAT IT TELLS ME. TODAY I FELT THAT I HEARD...

- 1-
- 2-
- 3-

END OF THE DAY

TODAY I WAS INTUITIVELY VALIDATED BY THE FOLLOWING SURRENDIPIDOUS EVENTS OR SIGNS

- 1-
- 2-
- 3-

TOMORROW I WILL CONTINUE OR EXPAND ON MY INTUTION BY

- 1-
- 2-
- 3-



## SUSAN KING

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Her ability to use her intuition to read people and predict events. She can tap into her feelings and sense emotions, pictures, events for a person. Trust yourself as your intuition is never wrong,

**Susan King**- "A truly balanced mind, body and spirit can create a sanctuary that supports our well being and our health, if you have a strong belief in something that you feel, no matter what that is, it is going to work, intuition is knowing without knowing, the law of attraction equals being positive about what you want to do in life or what you want to achieve, you achieve things by little steps not big steps, the inner goddess is a woman's way of becoming more aware of who she is, the soul and being within, it is important to hear, adapt believe, and see the silver linings in things if you can,"

**LESSON I LEARNED FROM SUSAN**-I learned from Susan King that we all have the ability to use our intuition, feel the gut feelings and all we need to do, is feel it and act on it.



**ACTIVITY TO TRY EACH DAY-** Carry around a small notebook and jot down your first impressions. Record any physical mental or spiritual feelings you have. At the end of the day, reflect back and see if anything resonated or made sense to you. After a week, see if you have any trends and see if you realize it is your body, mind, or spirit that is the most intuitive for you. Pay attention in the days ahead to how you are intuitively connected.

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**SELF CARE REWARD-** spend 10 min in silence

To learn more tune into Susan Kings episode here [PUTIN LINK NOT WORK](#)



**Susan King**

a one-of-a-kind Holistic Practitioner who has been helping people globally for over 25 years, bringing balance to their mind, body, spirit.

## LESSON 3 - **PASSION AND PURPOSE**



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CURRENTLY IN MY CAREER I LOVE

- 1-
- 2-
- 3-

IF I COULD DO ANYTHING IN THE WORLD FOR MY CAREER IT WOULD BE WHAT AND WHY

- 1-
- 2-
- 3-

I THINK I CAN MAKE THIS SWITCH HAPPEN. I CAN SAVE MONEY AND PREPARE FOR A CHANGE, I NEED TO DO THE FOLLOWING TO CHANGE IF I COULD

- 1-
- 2-
- 3-

THE WORST THAT CAN HAPPEN IF I SHIFT INTO MORE OF WHAT I LOVE IS

- 1-

THE BEST THAT CAN HAPPEN IF I SHIFT INTO  
MORE OF WHAT I LOVE IS

- 1-
- 2-
- 3-

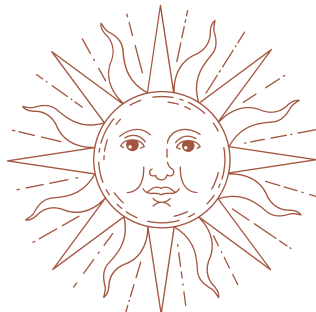
THREE SMALL STEPS I WILL DO TO  
INCORPORATE MY PASSION INTO MY LIFE ARE

- 1-
- 2-
- 3-

END OF THE DAY

I AM SO GRATEFUL THAT TODAY I TOOK THIS  
STEP TO GET CLOSER TO MY DREAM

- 1-



**SHILPA ALVA**- She is able to connect with people and create change, life-saving change in communities and she can inspire people to join her mission.



Shilpa Alva's lesson is we all can live a purposeful driven life and reclaim our dreams if we choose to go with our passions and provide service to others.

If you would like to learn more about Shilpa and her mission listen or watch the podcast here (link)

**LESSONS LEARNED FROM SHILPA**-I learned from Shilpa that if we want to find our calling, we may need to test that out, while making sure we have a solid base like income etc, but we can do service for others and this will allow us to feel good and create change. It might feel uncomfortable or weird, but if we ignore that, we will never know. The fear we may feel, is always less than we make it out to be and Shilpa is a great example of living in her purpose.



**Shilpa Alva**—“ if your living in alignment with your purpose, the entire universe will conspire to help you, it is cool to sit with the uncomfortable, fear and uncertainty, there is excitement and creativity that can come out of that, when your in a comfortable spot, you dont care, a lot of people have heard their calling but they have refused to hear it, once you know who you are from the deepest level, then thats all that matters, and whatever you do is easier. The fear in our heads is always less than we make it out to be”.

**ACTIVITY**—Do something for someone today— smile at the barista who makes your coffee, make cookies and take to a neighbor, give out gratitude messages to people who help you today, Pay attention to how you feel today after you help others.

**SELF CARE REWARD**— donate to your favorite charity even a small amount, see how you feel?

Picture and link still



Thank you for joining us in a  
journey of self reflection.

Take a moment to follow our  
socials

@GratefulGoddesses

@gr8tfulgoddesses

linked in @ Karen Pulver



Founder – Karen Pulver

Inside each of us are endless qualities of: determination,  
persistence, resilience, passion, strength, compassion,  
beauty, creativity, & intuition these qualities make up a  
Grateful Goddess.