

# Thrive by Harnessing the power of the masculine & feminine traits

Learn to activate & balance feminine radiance  
with masculine action & unleash your visionary  
powers to achieve success in life and business  
and light up the world



# Test yourself

## Balancing Masculine and Feminine Traits

Test yourself and then test your company

\*Please remember that Feminine traits are not weaknesses.  
Embrace your traits as they are at this very moment with bliss.

### The Test:

1. Make an honest assessment of your traits and pick the 10 characteristics from the list below that most accurately describe what you are good at. Don't pick traits you want to to be good at (be honest with yourself):

Rely more on logic to make decisions	Attentive
Goal-oriented	Listener
Ambitious	Expressive
Highly Competitive	Coercive
Social/Inclusive	Value physical & mental strength
Analytical	Rely more on intuition to make decisions
Protective	Journey-oriented
Assertive	Empathetic
Aggressive	Controlling
Direct	Compassionate
Nurturing	Caring
Humble	Focus on intuition over facts
Focus on facts over intuition	Sensitive
Confident	Cooperative
Independent	Careful
Decisive	Thoughtful
Fearless	Tactful
Truthful	Value communication & understanding



# Results

## Results:

2. Now highlight the 10 traits you selected above in the lists below.

Do you have more traits that are masculine traits or more traits that are feminine traits?

Repeat this exercise for your company.

### Masculine Traits:

Rely more on logic to make decisions  
Goal-oriented  
Controlling  
Ambitious  
Highly Competitive  
Analytical  
Protective  
Assertive  
Aggressive  
Direct  
Focus on facts over intuition  
Confident  
Independent  
Decisive  
Fearless  
Truthful  
Value physical & mental strength  
Coercive

### Feminine Traits:

Rely more on intuition to make decisions  
Journey-oriented  
Attentive  
Listener  
Expressive  
Social/Inclusive  
Empathetic  
Nurturing  
Humble  
Compassionate  
Caring  
Focus on intuition over facts  
Sensitive  
Cooperative  
Careful  
Thoughtful  
Tactful  
Value communication & understanding

What is your dominant trait? \_\_\_\_\_

What is your company's dominant trait? \_\_\_\_\_

How Do You Feel About It? \_\_\_\_\_



# Journaling questions

Now that we have explored the masculine and feminine traits, have identified your personal areas of strength and of potential imbalance, as well as the impact these have on your leadership and business goals, let's go a step further by exploring some questions that will get us further in touch with ourselves. There are no right or wrong answers to these questions. We all will have our unique ways of relating to these concepts and the most important thing is to know and be your authentic self.

1. What are the qualities of feminine leadership you would like to embrace?

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2. Answer this: When I love myself enough, I \_\_\_\_\_ (Stop, will, Change, dare)

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3. Make a list of who you are (start Letting go of what you borrow from teachers, parent(s), and sibling(s), Embracing yourself fully)

I am: \_\_\_\_\_

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4. Write 10 traits that you respect and admire about yourself as a person.

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5. Ask yourself these questions each day:

How do I choose to be as a person today?

Does it match my list?

Do I step to my higher self?

Do I use my full potential to show up every day?



# Journaling questions

6. What is one trait you will change in order to show up every day?

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7. What does it mean to be vulnerable & express your feelings?

What does it feel like to hug and be hugged?

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8. What does it mean to surrender and let go?

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9. What does it feel like to be assertive?

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10. How does it feel to set boundaries?

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11. Are you comfortable charging for what you are worth?

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**“An Empowered Woman is an emerging, vibrant woman who listens and dances to the rhythms of her soul, who evolves from within and reclaims her beautiful authenticity of unique self.” -Kohava**



# Mindset to Success

## The Formula To Empower Your Mindset To Success

**\*\*consider cutting this out and putting it somewhere in your home where you will see it often.\*\***

My Name is \_\_\_\_\_ I am a \_\_\_\_\_  
and a \_\_\_\_\_ who \_\_\_\_\_

I believe that I am \_\_\_\_\_

This is the true version of myself, my reality of becoming \_\_\_\_\_

In order to become my true self, I need \_\_\_\_\_

Notes



# 7 pathways to success

There are 7 strategies that will help you succeed:

1. Commitment - show up every day and do your best
2. Discipline - wake up, make your bed, and start a routine
3. Consistency - do the things you love with passion and dedication
4. Faith - believe in yourself, higher power, and believe in the impossible
5. No regrets - be compassionate, be love, live fully
6. Contribution - give and be of service
7. Collaboration - work with others to rise

Make your mental health stronger, so when disaster hits you will be level-headed and breeze through life with ease.



# Stay In Touch

## Are you ready to...

- Feel confident
- Thrive & Grow
- Create change to light up the world
- Manifest Your Life With Ease
- Courageously Show up
- Get the results you know you deserve

Then book a free 30minute session with me.

Investing 30 minutes of your time with me will enable you to identify one area holding you back and get insights into actionable steps you can implement immediately to move your business/life into flow.

[CLICK HERE](#) to schedule your laser-focused Clarity coaching session.

Follow Me on Instagram @kohavaemerging

Visit my website [here](http://www.emergingvibrantwoman.com) www.emergingvibrantwoman.com

Join The Soul Sisterhood Collective ~ Thriving Empath Visionaries Facebook Group [here](#)



# How I Help My Clients

"Even though I feel very self-motivated and successful, I always felt something was missing. Despite my achievement, I never really felt it inside. In my case, underlying weakness had affected my personal and business indirectly. The way I was dealing with issues or conflict would internally affect me, therefore affecting those around me and my health.

Kohava helped me learn to deal with underlying issues, release baggage holding me back, understand my wants and needs, and find the words to convey them to others. I learned to listen to the wants that have led me to the path of my dreams, with no regrets. I feel very in control now, willing to listen to my inner voice and vocalize my feelings calmly. Thank you Kohava for all that you have done."

**~ Dr. Andrea Schilling,  
DAOM, LA  
(acupuncture and oriental medicine)**



Unleash your highest self and take charge of your life's path  
What are you waiting for? Take this profound opportunity, The time is now!

**Blissful love  
-Kohava Howard**

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