



# The Essential Feminine™ Assessment

Where are you fully living your essential feminine talents and gifts?  
Where do you want to bring these gifts more alive in your life?

Area of Life Where the Essential Feminine Lives	Rate Yourself (1 to 10) *	Name One Action or Step that You Are Willing to Take to Develop This Area **
<b>Relationships</b>		
1. Collaboration		
2. Inclusiveness		
3. Interconnectedness		
4. Valuing Communication		
5. Care, Compassion, & Empathy		
<b>Harmony &amp; Peacemaking</b>		
• Women's Approach to Harmony & Peacemaking		
<b>Thought</b>		
1. Mental Flexibility		
2. Long-term Thinking		
3. Comfort with Ambiguity		
4. Community Focus		
5. Decision Making		
<b>Imagination &amp; Vision</b>		
• Imagination & Vision from the Feminine Perspective		
<b>Creativity &amp; Innovation</b>		
• Creativity & Innovation		
<b>Language</b>		
1. Connection & Cooperation		
2. Emotional Expressivity		
3. Verbal Agility		
4. Nonverbal Communication		
<b>Beauty &amp; Aesthetics</b>		
• Appreciating Beauty & Aesthetics		
<b>Intuition</b>		
1. The Physical Intuitive Sense		
2. The Emotional Intuitive Sense		
3. The Mental Intuitive Sense		
4. The Spiritual Intuitive Sense		
<b>Power</b>		
1. Power from Contribution & Connection		
2. Leadership in the Work World		
3. The Feminine Expression of Power		
4. Achievement and Accomplishment		

\* Number 1 is an area that reflects an area where you would like to develop further and 10 is an area where you are highly developed and no further work is needed in this area at this time.

\*\* What are you willing to do, create, or how are you willing to grow in this area. Be specific.

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