



FEMCITY®

CELEBRATING WOMEN

Created w/ love + prosperity vibes for you
by Founder of FemCity® Violette de Ayala

LET'S WARM UP:

For us to celebrate other women, we must celebrate ourselves. As the saying goes, as we see ourselves, we see the world.

- What are 3 of your favorite physical attributes?
- What are 3 of your favorite talents/skills?
- What are 3 ways you help those around you, either through your business or in life? This could be raising children, taking care of parents, volunteering, or through the work you do.

Spend a few moments right now and reflect on how amazing you are and what a big gift you are to this world and to others.

NOW LET'S MOVE ON TO CELEBRATE OTHER WOMEN:

Name 5 of your favorite female friends, colleagues, neighbors, and relatives.

- 1.
- 2.
- 3.
- 4.
- 5.

Next to their name, note why they are your favorites. Now, take the time to send them a little love note via text, DM, email, or a voice note. Tell them why you adore them so much, and tell them how much they mean to you.

Bonus: Take it to the streets of social media and give them love for the world to see. This will inspire others to do the same, and you will create a movement of celebrating women locally and globally. If you want to make more of an impact, add 5 more women to your list, rinse, and repeat.

