

The  
**Six Stiletto Steps**  
to  
Finding Fulfillment by Balancing  
Masculine and Feminine Energy



**Step 1: Self-Awareness – The HERo hears the call. “Discover your Energy Source.”**

- Action: Get to know yourself and what gives you energy.
- Take-Away: Assess your energy levels frequently throughout the day.

**Step 2: Self-Acceptance – The HERo accepts the call. “Dare to be Different.”**

- Action: Accept what gives you energy and focus on pursuing it.
- Take-Away: Surrendering value-judgments triggers energy. It allows change.

**Step 3: Self-Assurance – The HERo seeks validation. “Find a Friend.”**

- Action: Get external support for your internal compass.
- Take-Away: We all need positive mirrors to enhance our energy.

**Step 4: Self-Care – The HERo fills her tool bag. “Invest in Yourself.”**

- Action: Assemble your personal set of self-care tools.
- Take-Away: Making yourself a priority expands your energy.

**Step 5: Self-Reliance – The HERo goes on the quest. “Face the Fear.”**

- Action: Embrace the test and find energy in the fire.
- Take-Away: The paradigm shift places us in the flow of effortless energy.

**Step 6: Self-Celebration – The HERo comes home from the quest. “Bask in the Glory.”**

- Action: Take time to celebrate what you have achieved.
- Take-Away: You have arrived at Effortless Energy!

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