



THE WOMAN SCHOOL

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HOW TO BE A  
WOMAN

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# FREE COURSE SYLLABUS

*We've restructured this syllabus to make it more accessible for the Free Course, adapted from our Full Version. See the Syllabus of the Full Version Course in the next page.*

## INTRODUCTION: The Wholeness Arena Explained

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### WEEK 1

- Lesson 1. Why Are Women Hurting
  - Bonus: How to protect your self-worth
- 

### WEEK 2

- Lesson 2. How to know what you want
  - Bonus: How to raise your standards
- 

### WEEK 3

- Lesson 3. How to design a balanced life
  - Bonus: How to find your purpose
- 

### WEEK 4

- Lesson 4. How to get what you want
- Bonus: How to start over

# FULL COURSE SYLLABUS

*The comprehensive 'How to be a Woman' Full Course is available for purchase.  
Contact your coach or email us at [admin@thewholenessschool.com](mailto:admin@thewholenessschool.com) for more information.*

## INTRODUCTION: The Wholeness Arena Explained

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### CLASS 1. DEFINE A WOMAN

- LESSON 1: What is a woman
  - LESSON 2: Why are women hurting
  - LESSON 3: How to protect your worth
  - LESSON 4: How to find your purpose
  - LESSON 5: How to love yourself
- 

### CLASS 2. DISCOVER YOUR DESIRES

- LESSON 6: How to know what you want
  - LESSON 7: How to raise your standards
  - LESSON 8: How to discover your dreams
  - LESSON 9: How to get what you want
  - LESSON 10: How to embrace your failures
- 

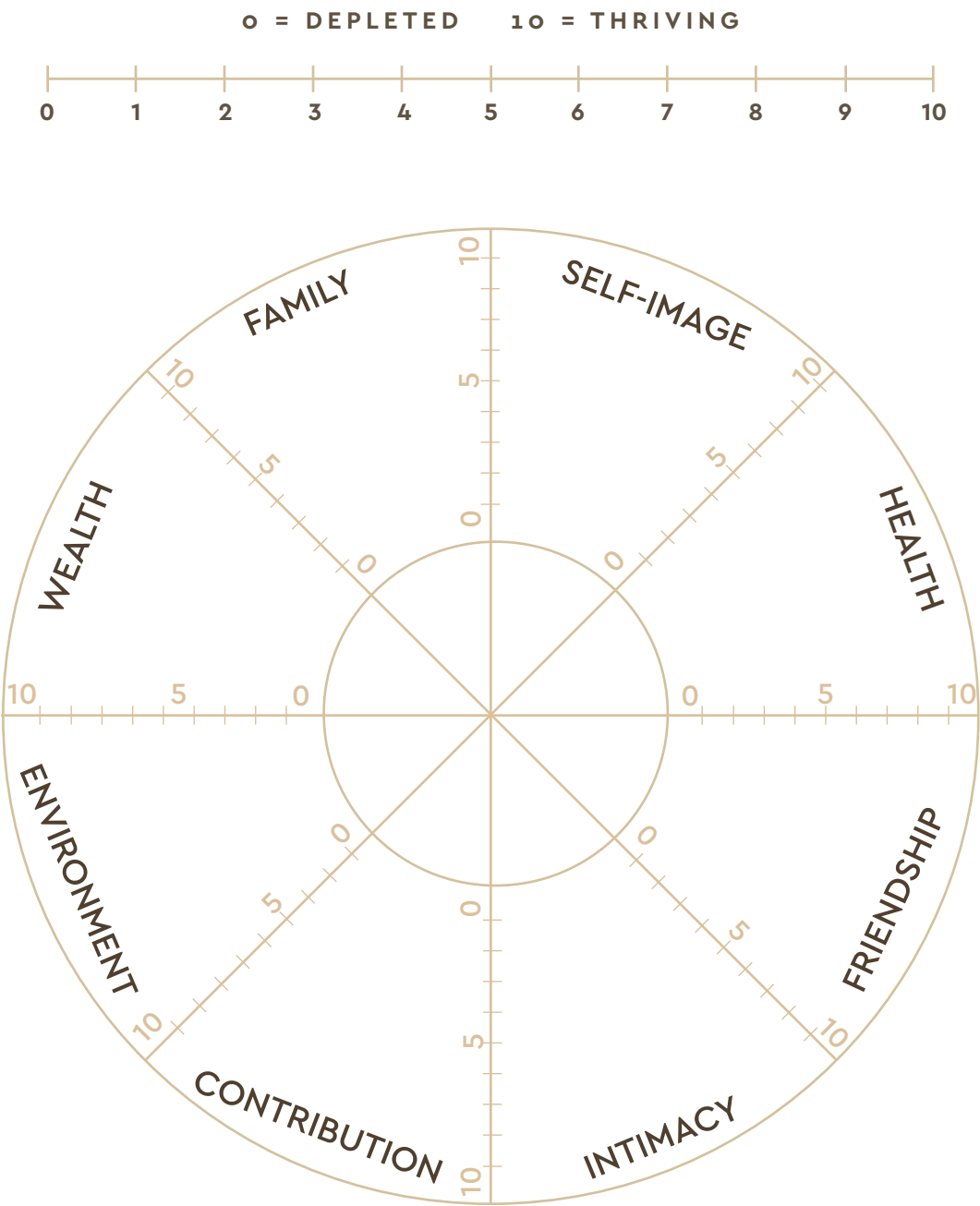
### CLASS 3. DESIGN YOUR LIFE

- LESSON 11: How to design a balanced life
  - LESSON 12: How to design your Self-image, Health, Friendship and Intimacy
  - LESSON 13: How to design your Contribution, Environment, Wealth and Family
  - LESSON 14: How to be a confident woman
  - LESSON 15: How to start over
- 

### CLASS 4. DEFEND WOMEN

- LESSON 16: How to defend your right to be a woman
- LESSON 17: How to stay strong against our silent enemy.
- LESSON 18: What is a woman's role in society
- LESSON 19: The Art of Being a Woman
- LESSON 20: The Rise of a New Woman

# RATE YOUR WHOLENESS



### SELF-IMAGE

Your self-image is the opinion you hold of yourself. Right now, you have a set of beliefs and opinions about yourself that you have come to believe as true. These beliefs you carry with you either help or harm you.

The goal is for you to design a self-image that is in harmony with the woman you are choosing to become. The opinion that you hold of yourself sets the foundation of how you make decisions about your life.

### HEALTH

We describe health as an integration of our mental, emotional, physical, and spiritual health. Our health impacts every part of the arena, so being intentional about how we manage our minds, command our emotions, take care of our bodies, and deepen spiritual growth is vital to be fulfilled in this part of our arena.

The goal is optimal health. The purpose of optimal health is to maximize your potential and be fully alive.

### FRIENDSHIP

Friendships are designed to help us along the journey of fulfilling our purpose. They accompany us through the different seasons of life. The purpose of friendship is to help us stay on track so we can continue to grow in harmony with who we were created to be.

The goal of friendship is to nourish you along the journey while also holding you accountable to becoming your highest and best self.

### INTIMACY

Intimacy is sharing the most sacred part of our life with someone who has earned the right to be there. It is a vulnerable space where we let our guard down and reveal a big part of who we are. Intimacy with another person requires us to grow in deeper self-awareness in our personal relationship with ourselves.

The goal for intimacy is to cultivate a relationship with someone who honors your unconditional worth and sees your unique and irreplaceable purpose in their life. You cannot squander the most sacred parts of yourself, so finding the right person is a critical decision.

### CONTRIBUTION

Every woman is born with a desire and a responsibility to contribute something meaningful with her life. Our contribution is an extension of who we are. This could be our work, service to the community, or our contribution in our homes.

The goal of contribution is to design a life where you can become a constant light to those around you. A life of contribution is an intentional life, made up of both giving and receiving.

Ultimately, it is not what you do, but who you are that becomes your greatest contribution.



### ENVIRONMENT

Our environment is twofold, composed of the space and the people we choose to be surrounded by. Our external environment impacts our interior environment (our thoughts and feelings). We have to do our part to take responsibility in creating a space for growth, peace, and creativity.

The goal is to cultivate a beautiful environment that inspires light.

### WEALTH

Wealth is an abundance of time, treasure, and talent for the purpose of contribution. It is first and foremost a mindset of both gratitude and generosity, as well as a mindset of abundance from which we have the freedom to give freely. It is having the ability to possess wealth while being detached from it, because it is not what we have that fulfills us, it is what we do with what we have that determines the quality of our fulfillment.

The goal for your wealth is to design a life in which you feel there is always more than enough, regardless of how much you have.

### FAMILY

The family is the foundation that establishes the core of who you are. It is designed to be a place of growth and nourishment. How you show up to your family can either be a source of significant generational contribution, or significant generational trauma.

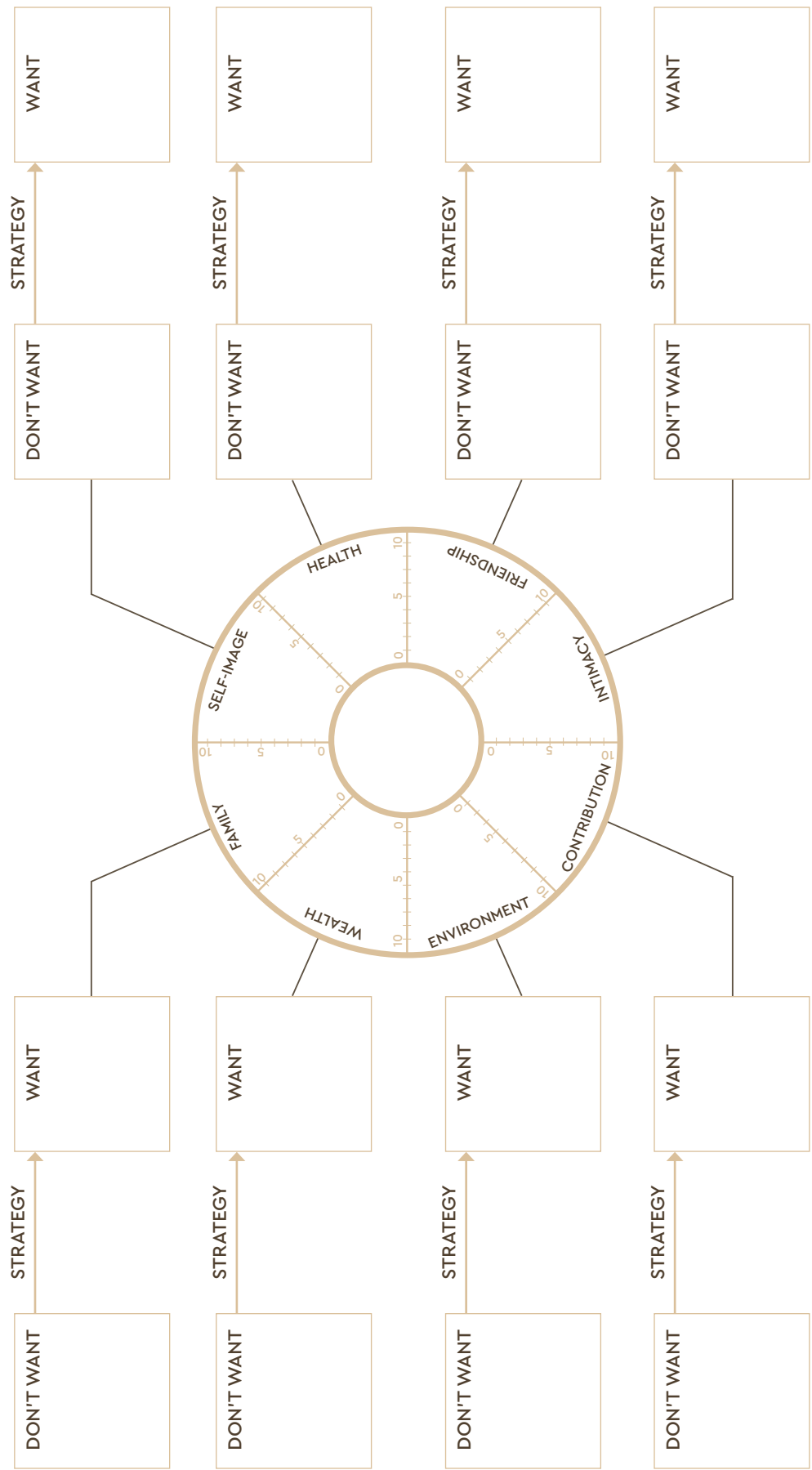
The goal is to create a family life that brings you life, not robs you of it.



# What You Want and Don't Want

Identify the strategies to close the gap between what you want and don't want.

Begin by rating your wholeness. 0 ---- 10



1. Where would you want to be in 6 months?

2. What are the biggest consequences of investing in you?

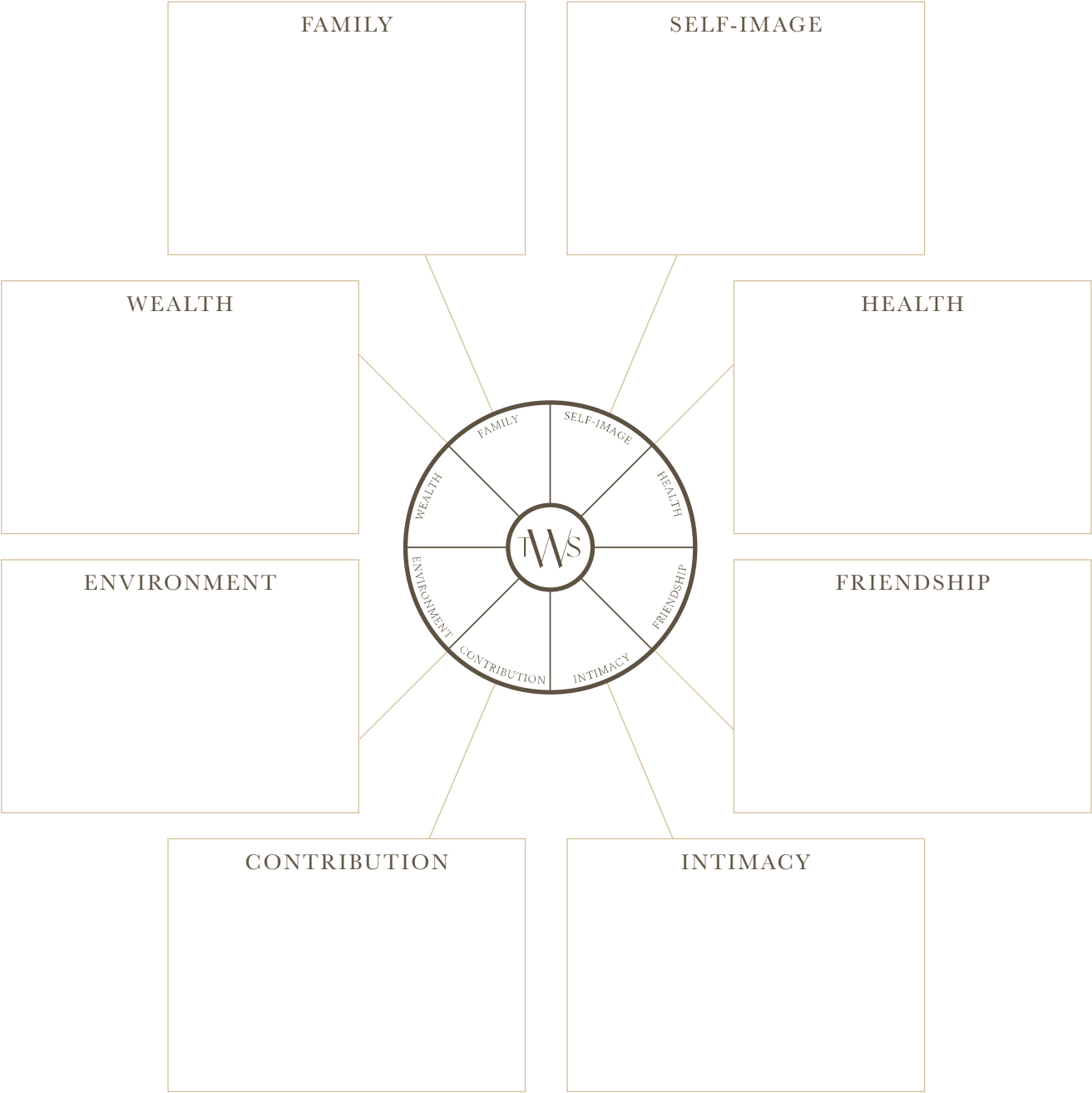
3. What would be your biggest fear in seeing your life of wholeness?

LESSON 1

WHY ARE WOMEN HURTING

Identify What Hurts in Every Arena of Your Life

*Add your initial in the middle circle and write out specific pain points in each one.*





LESSON 1

WHY ARE WOMEN HURTING

# Identify Patterns of Pain

PATTERNS	HOW IT MAKES YOU FEEL	HOW YOU RESPOND	CONSEQUENCE OF YOUR RESPONSE
When someone criticizes you			
When you make a mistake			
When things don't go your way			
When you feel overwhelmed			
When your friends are more successful			
When something triggers you			
When you don't feel good enough			
When you feel restless and anxious			



**BONUS**

HOW TO PROTECT YOUR WORTH

# Reflection Questions on Your Self-Worth



1. What makes you feel important as a woman?

2. What makes you feel unappreciated as a woman?

3. Do you believe that your worth is unconditional? Why or why not?

4. When did you begin to doubt yourself? Explain.

5. Do you have a proving and pleasing habit? Explain the impact of this habit?

6. Did you feel like you had to prove yourself growing up? How?

7. Do you feel respected by the people around you? Do you respect yourself? Explain.

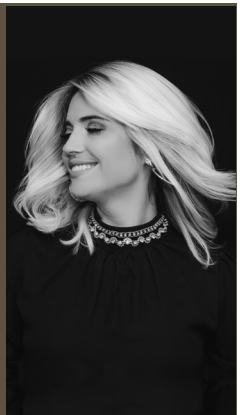
8. Do you sincerely believe that you have an irreplaceable mission in this world? Explain.

THE WOMAN SCHOOL REWIRE FORMULA

WR3  
DAILY FOR 60 DAYS

WRITE  
RECITE  
RETREAT  
REPEAT

*“My worth is  
unconditional.  
I am unique and  
unrepeatable. What  
I offer the world is  
irreplaceable.”*



6. Do you have some unresolved wounds from past relationships that are inhibiting you from truly loving yourself? Explain.

7. Have you forgiven yourself from the things that you wish you didn't do? Explain.

8. Do you carry any guilt and shame? Explain how this impacts your relationships?

9. Do you see yourself as someone who is sincere and genuine?

10. Do you pretend like you are okay when you are not? Explain.

SCRIPT TO  
HONOR  
AND LOVE  
YOURSELF

*"I honor and respect myself regardless of failures."*  
*"True self-love comes from honoring my value as a woman."*  
*"Respecting myself is a form of self-love."*



## LESSON 2

## HOW TO KNOW WHAT YOU WANT

## Reflect on What You Want and Don't Want

*Write out what you want and don't want in each part of the arena. Don't judge what you want and don't want, rather give yourself permission to explore the deep desires of your heart.*

WANT	DON'T WANT
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WANT	DON'T WANT
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WANT	DON'T WANT
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WANT	DON'T WANT
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WANT	DON'T WANT
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WANT	DON'T WANT
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LESSON 2

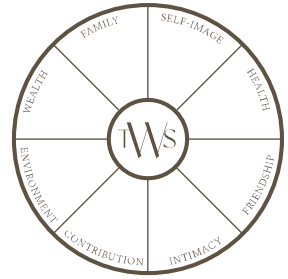
HOW TO KNOW WHAT YOU WANT

Reflect on What You Want and Don't Want

WHAT DID YOU LEARN ABOUT YOURSELF?	
HOW DO YOU FEEL ABOUT CLARIFYING WHAT YOU WANT?	
WHAT IS HOLDING YOU BACK FROM GETTING WHAT YOU WANT?	

## HOW TO RAISE YOUR STANDARDS

*Identify three standards you want in each part of your arena. use the steps in the book to help you identify your arena standards.*



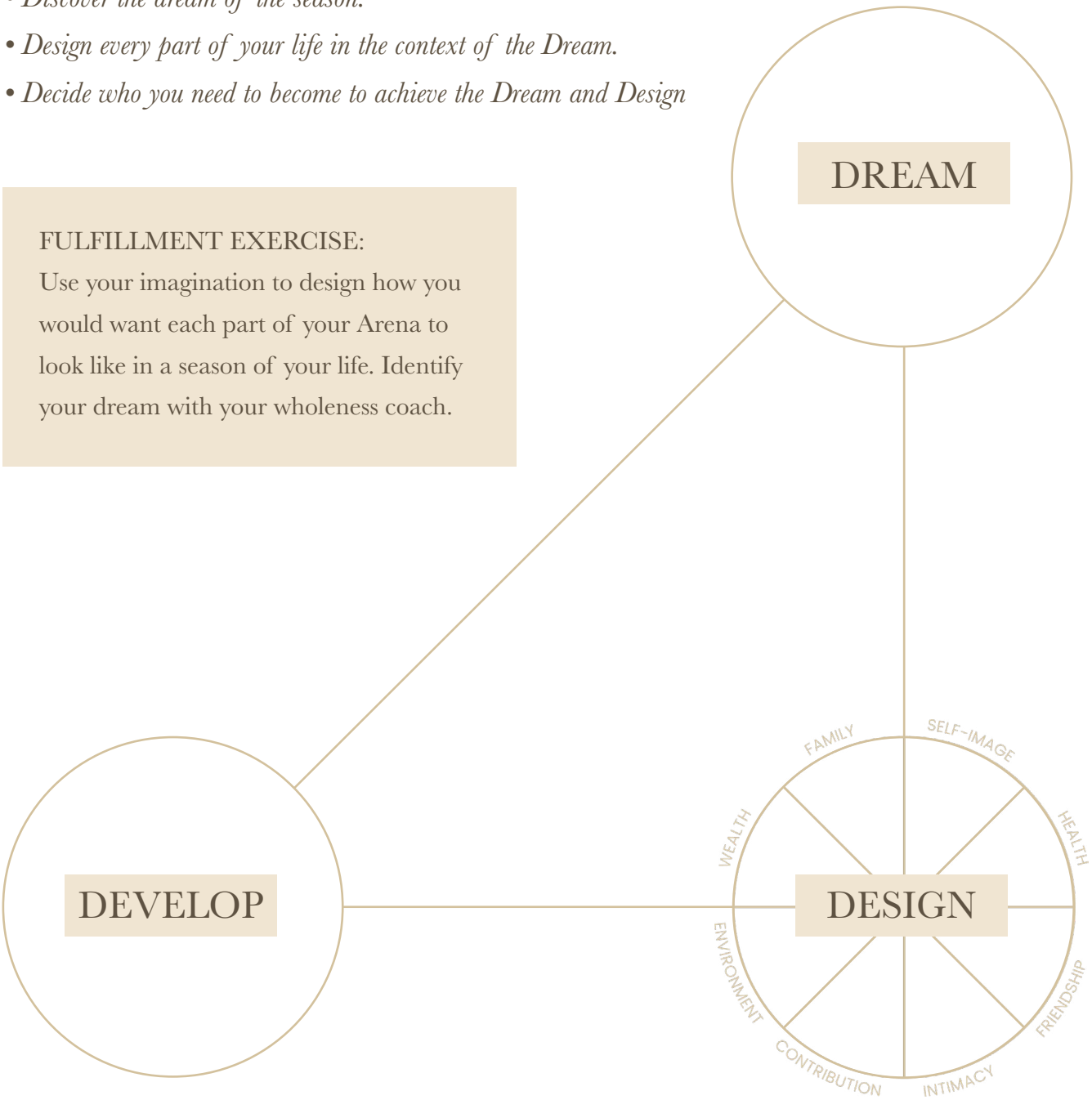
LESSON 3  
HOW TO DESIGN A BALANCED LIFE

# Design an Integrated Life

- *Discover the dream of the season.*
- *Design every part of your life in the context of the Dream.*
- *Decide who you need to become to achieve the Dream and Design*

FULFILLMENT EXERCISE:

Use your imagination to design how you would want each part of your Arena to look like in a season of your life. Identify your dream with your wholeness coach.





LESSON 3

HOW TO DESIGN A BALANCED LIFE

Reflection Questions on How to Redesign  
an Integrated Life

1. Do you see with eyes of wholeness and decisions that consider every part of your arena?

2. What does it mean for you to live an integrated life?

3. Do you feel like you have the skills to live an integrated life?

4. Do you have a routine that helps you honor your peace of mind?



5. Are you disciplined with your commitment? Why or why not?

6. Are you personally developing yourself to grow your mindset and skill set?

7. What is holding you back from living an integrated life?

8. How was integration modeled for you in your home life?

9. Do you feel like there is joy and peace in your home life? Explain?

10. What skills do you need to acquire to help you design a peaceful home?

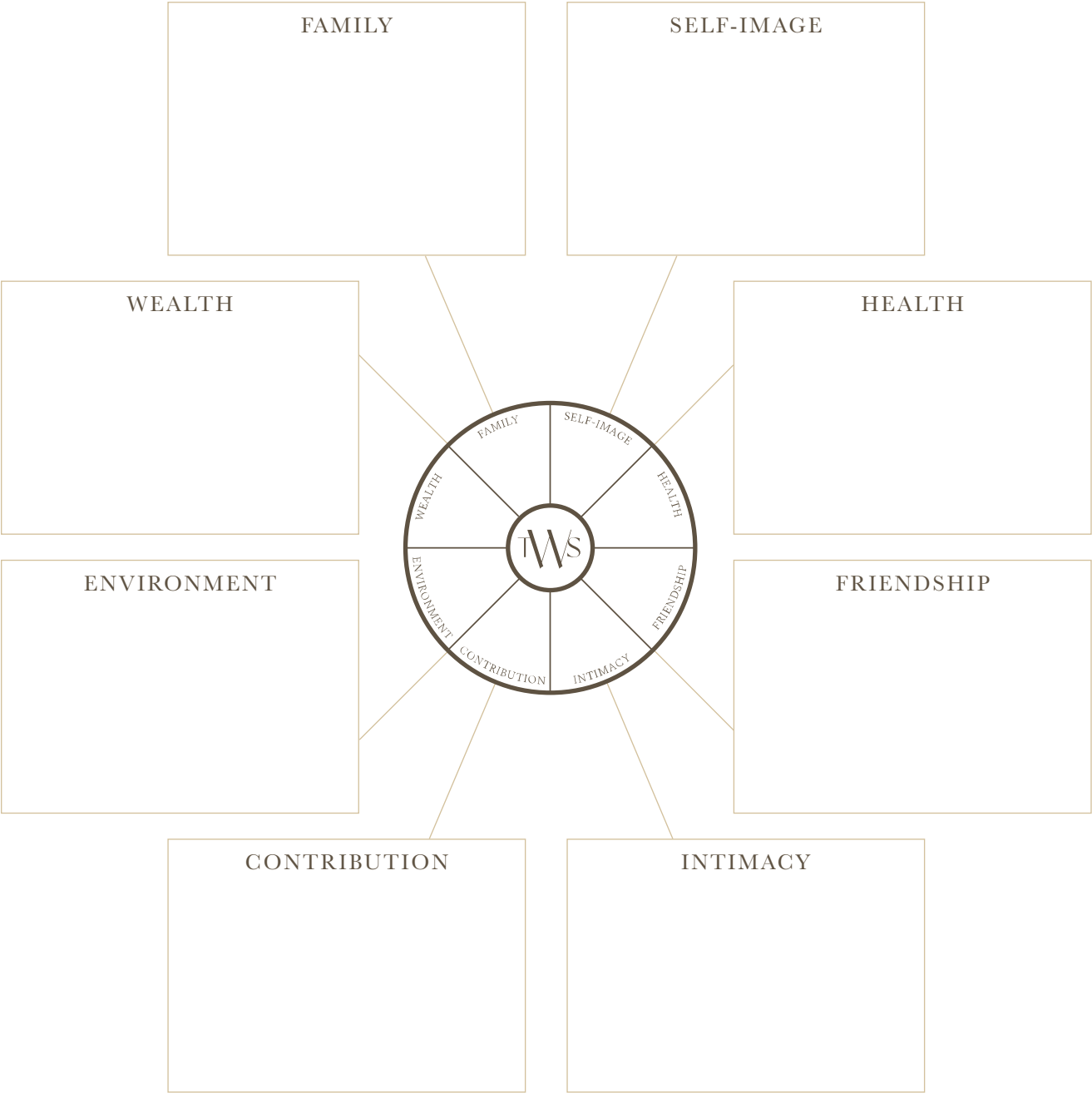


BONUS

HOW TO FIND YOUR PURPOSE

# Discover Your Unique Purpose as a Woman

*Ponder and write down your purpose in each part of your arena and this season of your life.*



What does this exercise reveal to you, and how do you feel about yourself in this season of life?

# HOW TO GET WHAT YOU WANT

# Identify Practical Strategies to Get What You Want

*Identify practical skills or strategies in each arena that would help you get what you want?*

*Do the best that you can, if you don't know how, then you can leave it blank.*

SKILLS
STRATEGIES

SKILLS
STRATEGIES

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SKILLS
STRATEGIES

*How would having a coach fast-track your ability to grow in confidence so you can achieve your deepest desires?*

**BONUS**

HOW TO START OVER

# Questions to Reflect in Starting Over

1. What is your weakest arena and how do you want to redesign it?

2. How would redesigning the weakest part of your arena impact every other part of you?

3. What would happen if you stayed where you are? What would happen in 1 year, 3 years, 5 years?

4. Who are your role models that you can harvest from in this particular arena? Why?

5. Who are the specific people in your life right now that are holding you back from achieving a peaceful life?

6. Are you open to coaching in this arena, why or why not?



# THE RISE OF A NEW WOMAN



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**NEW WOMAN MASTERCLASS**

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