

## Masculine-Feminine Energy Balance

Below you will find a chart listing terms used to describe Feminine and Masculine energy qualities. Both men and women have the ability to express the qualities listed in each column. People will use different qualities, as a situation requires.

Over the next week, set the intention to be aware of when you're expressing Masculine vs. Feminine energy qualities. Use the qualities chart to help you assess which energy you are expressing. Making some notes may help to identify any tendency.

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Consider the following questions:

1. Do you tend to lean more toward expressing the masculine energy, the feminine energy, or are you fairly balanced?

2. If you notice an imbalance, what problems or challenges do you see as a result of this imbalance?

**For your FREE thirty-minute consult to review your results, call 480-518-3660 or email me at [Cheryl@yoursourceconnection.com](mailto:Cheryl@yoursourceconnection.com)**

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## Masculine-Feminine Energy Quality Chart

### Feminine Qualities

Gentle  
Sensitive  
Compassionate, Sympathetic  
Understanding  
Yielding  
Soft  
Nurturing  
Graceful  
Communicative  
Intuitive  
Emotional  
Homemaker  
Close, Warm, Motherly  
Observant  
Passive/Receptive  
Family and inwardly oriented  
Responsive  
Cooperative  
Conservative  
Relational  
Power

### Masculine Qualities

Strong  
Stoic  
Self-oriented  
Bold, Dominant, Courageous  
Muscular  
Provider  
Direct, pointed  
Aloof, Reserved  
Logical, Analytical  
Rational  
Homebuilder  
Independent, Ideal to emulate, Role  
Model  
Outspoken  
Active/Assertive  
Society and outwardly oriented  
Initiating, Leading  
Competitive  
Risk-taker, Adventurous  
Individualistic, Self-reliant  
Authority

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