

# Fire & Flow Energies Chart



FIRE & FLOW  
*With Asmaa*

# HI, I'M ASMÂA

Welcome to your personalized guide to understanding and balancing your leadership energies. This **Fire and Flow Energies Chart** is designed to help you gain deeper self-awareness and enhance your leadership effectiveness by recognizing the characteristics of healthy and wounded feminine and masculine traits.

By using this chart, you can identify where you stand on the spectrum and take actionable steps to harmonize your energies for optimal impact.

Join our **Fire and Flow Leaders community** to deepen your understanding of your unique energy balance and for exclusive insights.

Visit **FireandFlowLeadership.com** to discover our leadership services, community, and access to more resources.

*Asmâa Methqal*

Business Leadership Consultant  
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# Fire & Flow Energies Chart

## HEALTHY FEMININE

Intuitive	Allowing
Creative	Understanding
Nurturing	Reflective
Feeling	Strong boundaries
Surrendering	Empathetic
Flow effortlessly	Compassionate
Ease	Radiant
Receiving	Tender
Expressive	Vulnerable
Trusting	Authentic
Soft	Magnetic
Sensual	Love

## WOUNDED FEMININE

Co-dependent	Insecure
Overly-sensitive	Needy
Overly-emotional	Powerless
Manipulative	Victim
Withholding	Weak
Feels unworthy	Afraid to speak up

## HEALTHY MASCULINE

Giving	Deeply present
Supportive	Courage
Focused	Stability
Logical	Inner Strength
Confident	Discipline
Protective	Grounded
Honest	Security
Accountable	Direction
Humble	Doesn't judge
Responsible	Certainty
Mission focused	Integrity
Structure	Decision making

## WOUNDED MASCULINE

Controlling	Avoidance
Aggressive	Unsupportive
Abusive	Confrontational
Too competitive	Dominant
Unstable	Perpetrator
Argumentative	Guarded

# *How to Use the Fire & Flow Energies Chart*

- **Identify Your Traits:** Reflect on the characteristics listed above and identify which traits resonate with your current leadership style.
- **Recognize Patterns:** Notice any patterns that may indicate when you are leading from healthy or wounded energies.
- **Develop Self-Awareness:** Use this chart as a tool to enhance your self-awareness and understand the impact of your leadership style on your team and business.
- **Create an Action Plan:** Develop a personalized action plan to cultivate healthy traits and transform wounded traits. Set specific, measurable goals to guide your growth.
- **Review Regularly:** Regularly revisit this chart to track your progress and adjust your action plan as needed.

Achieving a balance between feminine and masculine energies is a continuous journey. Join the [Fire and Flow Leaders](#) community to integrate these principles into your leadership style. Thank you for committing to your growth as a leader.

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