

# *THE SOFTWARE RUNNING YOUR LIFE*

An Exploration of the Energies  
Beneath the Surface



Understanding the energies that shaped how you  
loved, worked, and lost yourself and how to find  
your way back

By Alexandra Niel





# HELLO THERE,

For most of my adult life, I operated from one energy: push. Do. Achieve. Figure it out.

It worked. Until it didn't.

When my marriage ended, I started to understand something I hadn't before; that I'd been running almost entirely from my masculine energy. At work, at home, and yes, in my marriage. It was the only gear I knew. And I didn't even realize I had others.

Learning about masculine and feminine energy didn't feel like a spiritual concept to me. It felt like finally having a name for something I'd been living without understanding.

That's what this workbook is for. It's not about becoming softer, or more yielding, or any version of yourself you think you should be. It's about seeing clearly, maybe for the first time, the full range of who you already are. The parts that push. The parts that flow. The parts that go quiet. The parts that light up a room.

All of it is you. This is just the map.

With love,

*Alex*

# UNDERSTANDING THE ENERGIES

## The One You've Been Living From And the One You've Been Missing

### **Yin/Feminine**

Receptive, Introspective  
Cool, Moon, Night  
Stillness, Nurturing

### **Yang/Masculine**

Active, Expressive  
Warm, Sun, Day  
Motion, Protective

In what areas of your life do you naturally express Yin energy? Where do you express Yang?

Write 2 examples from your **personal** and **professional** life for each.

# HERE'S WHERE IT GETS INTERESTING

## Feminine & Masculine Within the Yin and the Yang

Polarity	Feminine Expression	Masculine Expression
Yin	Intuition, Emotional depth, Creativity	Withdrawal, Void, Deep inner focus
Yang	Radiance, Expression, Passion	Direction, Structure, Drive

The feminine is not only soft, and the masculine is not only strong. Each one has a quieter side and a bolder side.

Reflect on a time you expressed:

- **Yin-Feminine** energy: that moment you just knew something was off – before anyone said a word, before you could even explain it
- **Yin-Masculine** energy: going quiet and pulling inward because you needed to think it through before you could talk about it
- **Yang-Feminine** energy: walking into a room and owning it because you were fully yourself
- **Yang-Masculine** energy: the moment you'd had enough and made the call

Use the boxes below to jot down real-life examples for each quadrant:

Quadrant	Life Example
Yin-Feminine	
Yin-Masculine	
Yang-Feminine	
Yang-Masculine	

*You can't shift what you don't first see*

# WHAT'S DRIVING YOU

## A Honest look at Where You Are Right Now

Use this simple reflection scale (1 = rarely, 5 = frequently) to assess how often you operate from each energy:

Energy Type	1	2	3	4	5
Yin-Feminine (intuitive, emotional, open)					
Yin-Masculine (reflective, self-contained, inward)					
Yang-Feminine (expressive, magnetic, radiant)					
Yang-Masculine (decisive, driven, directive)					

What's overactive in your life? What's undernourished?

Identify 1 area where you can reclaim or rebalance your energy by inviting in the complementary force. (Example: If you're always decisive and driven, how can you invite softness and surrender?)

# NOW YOU

You've seen the full picture. Now put it in your own words.

“I honor my \_\_\_\_\_ by embracing both  
\_\_\_\_\_ and \_\_\_\_\_. I give myself permission  
to show up as \_\_\_\_\_.”

Example:

I honor my wholeness by embracing both softness and strength. I give myself permission to show up as radiant and grounded.

*You were never just one thing*

“

"BALANCE  
ISN'T  
SOMETHING  
YOU FIND.  
IT'S  
SOMETHING  
YOU CREATE"

ALEXANDRA NIEL

# YOU GET TO CHOOSE WHAT RUNS

You've just taken a real look at how you've been showing up in your life, your relationships, and your work.

Most of us spend years running on one energy without realizing we have access to so much more. Now you do. And that changes things.

This isn't about choosing one over the other. It's about knowing you have the full range and learning to move between them with intention.

## What's Next?

- ✦ **Reflect:** What part of your energy are you reclaiming?
- ✦ **Take Action:** Commit to one integration practice this week.
- ✦ **Stay Connected:** You don't have to do this alone.

## Where to find us

You don't have to figure this out alone.

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 [www.alexandraniel.com](http://www.alexandraniel.com)

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