



The Goddess Development Academy

Title Course 111: Intro to Your Goddess

30 day Module

Introduction

Hi, beautiful soul it's Tia Cece here! Welcome to the very first self-development course I've created to guide you through your **Inner Goddess Journey**. Here at our academy, we believe there is always room for connection, growth, and empowerment and it all begins with you.

Are you ready to commit to the first 30 days? Starting is often easy, but staying the course can feel challenging. Self-reflection is powerful, yet it can also be uncomfortable. Holding ourselves accountable takes courage. That's why I invite you to pause right now: close your eyes, take a deep breath in, and ask yourself if you are truly ready to step into your next chapter. Then exhale any fear, doubt, or anxiety you may be holding onto.

Dedication will be the key to your success in this experience. And remember, if you are here it means you are exactly where you are meant to be. Trust the timing of your journey.

As a part of your commitment to yourself and your growth, please read, sign, and date the following pledge:

Commitment Pledge

I, _____, do solemnly commit to my self-development because I deserve it. I release all excuses and open myself to growth. I am ready to honor my inner child, embrace my loving Goddess energy, and shine my light for my family, friends, and all those I choose to share it with. I will complete assignments with intention, and show up fully for myself. I will be gentle, dedicated, and courageous as I step into my true Goddess self.

Signature: _____

Date: _____





The Goddess Development Academy

Preparing for Your Journey

I am so happy that you have committed to this process! Now, let's set you up for success. Your experience will be as powerful as the intention and energy you bring into it. Preparation is key, and creating a sacred space will help you stay grounded and focused as you begin your journey.

Tools for Success

Before you begin, please gather the following suggested items:

- A Planner – to stay organized.
- A Journal – to document your journey daily.
- A Pen – you will be doing lots of writing!
- A Candle – to represent the *fire* element (light at every meeting).
- Water – to represent *healing waters* (preferably in a jar).
- Palo Santo, Incense, or Sage – to represent the *air* element.
- Crystals – to represent the *earth* element.
- A Picture of Yourself as a Child – to connect with your inner child.
- Optional – any additional self-care elements that make you feel nourished and safe.

Your space should be quiet, comfortable, and free from distractions. Please make prior arrangements so that you can be fully immersed in this process. This is about putting you first and taking pride in creating a safe, spiritual environment where you can honor your self-development.



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Week 1: Root Cause & Welcoming Your Inner Child

This week, we begin by reconnecting with your inner child which is the purest part of you. Healing starts at the root, and honoring your inner child creates the foundation for becoming your true Goddess self.

Weekly Focus

- Meditation – Inner Child Connection
- Explaining the Elements
- Writing a Letter to Your Inner Child
- Commitment to Your Inner Child
- Journaling Reflections
- Closing Meditation

Day 1 - Assignment #1: Awakening Memories

Meditate and focus on sounds, scents, foods, or activities that spark memories of childhood. For example:

- Watch a cartoon you loved (YouTube has many old shows).
- Eat your favorite childhood snack or meal.
- Listen to music that takes you back.



Do something today to honor your inner child.



Journal: How did this feel? What memories came up?

Day 2 - Assignment #2: Honoring Your Inner Child

After meditation, reflect on how your inner child feels. If painful memories or trauma arise, allow yourself to acknowledge them gently.

Today, buy or pick flowers for your inner child. Place them somewhere special. Post a picture if you feel called to, using #honoringmyinnerchild.



Journal: How did it feel to honor your inner child in this way?

Day 3 - Assignment #3: Building Trust

Meditate on trust. Reflect:

- Do I trust myself?
- Who do I trust most?
- Where do I feel resistance?

Today, honor the people you trust. Reach out and express gratitude. Then, spend at least 5 minutes with yourself: hug yourself, play gentle music, and breathe into that moment.



Journal: How did this practice help you begin to build trust with your inner child?

Day 4 - Assignment #4: Remembering Childhood

Reflect on both your best and hardest childhood memories.

- What did you want to be when you grew up?
- Who inspired you?
- What moments shaped you most?

Keep your childhood photo with you during this practice.



Journal: Write about your best memories first, then your hardest. End with a reflection on your *commitment to your inner child*. What is your “why”?

Day 5 - Assignment #5: Forgiveness & Release

Meditate on letting go of the past. Reflect:

- What does forgiveness look and feel like to me?
- Am I ready to forgive those who hurt me?
- Am I ready to forgive *myself*?

Remember—there is no rush. This is about being on the path.

 Journal: What came up for you? Are you ready to forgive, or are you still preparing?

Day 6 - Assignment #6: Celebrating Your First Week

Congratulations—you did it! You have completed your first week of *Intro to Your Goddess*.

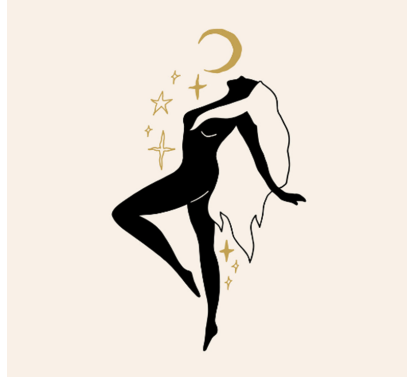
This week, you began to reconnect with your inner child and uncover your root cause. That connection is the foundation of your Goddess journey.

Today, practice inner child self-care:

- Do something special for yourself.
- Nourish your body and soul.

 Journal: What did you do to honor yourself, and how did it make you feel?

✨ Affirmation for Week 1: *“I honor my inner child with love, patience, and trust. She is worthy of healing, and I am worthy of becoming my true Goddess self.”*



Week 2: Creating Goddess Habits

Welcome back, Goddess! You've already taken the first steps toward healing your inner child, now it's time to create habits that will support your growth and Goddess energy. Habits are the small daily choices that shape the life you're creating. By setting intentions, practicing mindfulness, and staying accountable, you'll build a foundation of self-love and empowerment.

Weekly Focus

- Morning Meditation – Preparing for Your Goddess
- Setting Intentions
- Creating Habits with Your Planner
- Daily Journaling Reflections
- Closing Meditation

Day 1 - Assignment #1: Setting Your First Goddess Habit

Meditate first thing in the morning. Set an intention for your new habit and visualize the life you're creating.

- What is the first step to making this habit real?
- How will this new habit shift your life and energy?

✨ Hold yourself accountable:

- Share your new habit on social media with #goddesshabits, or
- Reach out to your Goddess Sister for accountability.

📝 Journal (evening): How did the first day of your new habit feel?

Day 2 - Assignment #2: Honoring Your Journey

This morning, reflect and honor yourself for putting you first. Remember, everything you've gone through has shaped your path and brought you here.

✨ Today's practice:

- Buy yourself fresh flowers or pick one to honor your journey.
- Share on social media with #gratefulforflowers

 Journal (evening): In what ways have you thrived today?

Day 3 - Assignment #3: Blessings & Body Positivity

Meditate this morning on gratitude. Count your blessings as you prepare for the week ahead.

✨ Today's practice:

- Do one kind act for your body (stretch, nourishing meal, skincare ritual, etc.).
- Share your thoughts, create a post, or talk to a bestie.

 Journal (evening): How did honoring your body shift your energy?

Day 4 - Assignment #4: Remembering Your Why

This morning, reflect on your "Why." Why are you creating these new habits?

✨ Today's practice:

- Check in with yourself: Are your expectations realistic, or do you need to adjust?
- Listen to an inspirational podcast or read a motivational book to keep focused.
- Reach out to your bestie or someone close if you're struggling.

 Journal: What did you do today to stay grounded in your Why, and how did it make you feel?

Day 5 - Assignment #5: Calling in Your Goddess Energy

Meditate this morning and call in your Goddess Energy which is a balance of masculine and feminine.

✨ Today's practice:

- Allow yourself to feel without judgment.
- Choose the element that calls to you most today (crystal, water, incense, candle) and meditate with it.
- Move through your day embodying this Goddess balance.

 Journal (evening): How did your day feel when you carried Goddess Energy? Was it natural or did it feel challenging?

Day 6 - Assignment #6: Reflection & Balance

Congratulations, you've completed Week 2! Today, reflect on your accomplishments and the habits you've begun to build.

✨ Reflection questions:

- Was creating new habits easy or difficult? Why?
- Return to Week 1, Assignment #5: What does forgiveness look like to you now?
- Why is preparing to connect with your Inner Goddess important?
- How do masculine and feminine energies show up in your life?

✨ Evening practice:

- Make a list of your masculine and feminine qualities. Don't judge, embrace them all.
- Write a Letter to Your Inner Goddess about forgiveness and balance.
- Honor yourself: take a warm bath, meditate, or do another self-care ritual your Goddess self desires.

✨ Affirmation for Week 2: *"Each habit I create honors my Inner Goddess. I am grateful for my body, my balance, and my sacred Why."*



Week 3: Accountability – Goddess Self-Reflection & Self-Love

We're halfway through, Goddess! This week is all about holding yourself accountable while deepening your practices of self-love and reflection. You've already built the foundation with your inner child and your new habits—now, it's time to honor your progress, acknowledge your story, and fully embrace your Goddess energy.

Weekly Focus

- Meditation – Embracing Your Goddess
- Reflection / Talking Circle
- Next-Level Accountability (with alarms & planning)
- Self-Everything: Habits, Journaling, & Self-Love Practices
- Daily Journaling Reflections
- Closing Meditation

Day 1 - Assignment #1: Habits as Self-Love

Today, meditate 2–3 times on your habits and how they are acts of self-love.

- Are your current habits nurturing your Goddess lifestyle?
- What new practices do you want to incorporate?

✨ Set alarms to stay on track with your meditations and commitments.

📅 Journal (evening): How did your day go, and what new self-love practices do you want to embrace moving forward?

Day 2 - Assignment #2: Honoring Your Growth

This morning, reflect on who and where you were one year ago. The goal is not judgment, but gratitude for your growth and vision for your future.

✨ Today's practice: Pay it forward. Give back in some way. Whether through kindness, service, or a small gesture to honor the community that is part of your story.

 Journal (evening): How did you honor your growth today, and how did giving back impact you?

Day 3 - Assignment #3: Your Goddess Element

Meditate 2–3 times today on your beauty and power. Ask yourself:

- What do others notice most about my light and energy?
- Which element (crystals, water, incense, candle) has spoken to me in meditation?

✨ This element is your Goddess connection. When you feel depleted, return to it. It is your spiritual reset button.

 Journal (evening): What is your Goddess element? How does connecting with it make you feel?

Day 4 - Assignment #4: People Who Shaped You

Reflect on the people who have impacted your life, from childhood until now. Identify both positive and difficult influences.

✨ Today's practice:

- Write down who came up for you and how they impacted you.
- Choose one positive and one negative experience to reflect on.
- Write a letter to the most impactful person, acknowledging the lessons they brought, good or bad. Remember, this is about owning your story, not giving them power.

 Journal: What lessons have these relationships taught you?

Day 5 - Assignment #5: Inner Child & Inner Goddess Balance

Meditate 2–3 times today and call on both your Inner Child and Inner Goddess. Notice how they show up together.

✨ Today's practice:

- Create balance through self-love rituals that honor both.
- Post with #innerchildandgoddesslove or check in with your Goddess Sister.

 Journal (evening): How did you honor both your Inner Child and Inner Goddess today? What balance felt natural, and what felt new?

Day 6 - Assignment #6: Non-Negotiable Self-Love

Reflect today on the non-negotiable habits you've started forming.

- Which practices feel essential to your life now?
- Do you feel guilt when prioritizing self-love, or are you embracing it as your new way of being?

✨ Today's practice: Reach out to your Goddess Sister and create a pact to continue your self-love practices without guilt.

 Journal (evening): What came up for you around non-negotiables? How will you honor your new Goddess lifestyle moving forward?

✨ Affirmation for Week 3: *"I hold myself accountable with love, not pressure. My self-love is sacred, my habits are powerful, and my Goddess energy is unstoppable."*



Week 4: Consistency – Keeping Your Goddess Light Lit

Congratulations, Goddess! You've made it to the final week! ✨ This is not the end of your journey but the beginning of your new lifestyle. This week is all about **consistency**, keeping your practices alive, strengthening your shield, and embracing your Goddess light every single day.

Weekly Focus

- Meditation – Creating Your Shield
- Reflection & Sharing Experiences
- Deepening Accountability with Your Planner & Routines
- Daily Journaling Reflections
- Closing Meditation

Day 1 – Assignment #1: Non-Negotiables

Today, begin incorporating **three daily meditations** as your new non-negotiables:

- **Morning Meditation (Ritual):** Set intentions, create a mini-goal, and activate your shield. Example: *“I will drink a gallon of water today.”*
- **Afternoon Meditation (Check-In):** Pause and align with your mind, body, and spirit.

- **Evening Meditation (Reflection):** Reflect on your day and set intentions for tomorrow.

 Journal (evening): How did your first day of non-negotiables feel?

Day 2 – Assignment #2: Vibrational Energy

During all three meditations today, reflect on the energy you're allowing into your life.

- Are you surrounding yourself with people who raise your vibration?
- How strong is your shield today?

✨ Use breathwork to stay focused and grounded.

✨ Reach out to your Goddess Sister if you feel your energy slipping.

 Journal (evening): How did your shield feel and look today? End with gratitude by thanking your shield.

Day 3 – Assignment #3: Consistency

You are now practicing consistency. Continue your three daily meditations and bring in your **Goddess element** (crystal, water, incense, candle).

✨ Ask yourself: “*How badly do I want this lifestyle?*”

✨ Share your element with your bestie or someone you trust and discuss how it shows up for you.

 Journal (evening): Why do you think your element chose you? How does it embody your Goddess form?

Day 4 – Assignment #4: Habits

Reflect in your meditations today on how your habits are shaping your true Goddess Self.

✨ Today's practice: Honor your body from head to toe.

- Take a bath, stretch with yoga, or do a gentle self-care ritual.
- Share your practice: post on social media with a selfie or check in with someone you trust.

 Journal (evening): How did you show gratitude to your body today, and how did it feel?

Day 5 – Assignment #5: Level Up

Meditate this morning on whether your current habits are working for you, or if it's time to **level up**. Be honest with yourself.

✨ Today's practice: Meditate with someone you trust. A simple phone call counts. What matters is the connection and reflection.

 Journal (evening): What did you notice in your shared meditation? How did it challenge or inspire you to grow?

Day 6 – Assignment #6: Celebrate Your Journey

Today is a celebration! ✨ Reflect on everything you've done over the past four weeks.

- Reread your journal entries and planner notes.
- Notice where you were consistent, where you struggled, and what you learned.
- Celebrate the Goddess lifestyle you've created.

 Journal (final reflection): Write about your overall experience. How have you grown? What new truths have you discovered about yourself? How will you carry this Goddess light forward?

✨ Affirmation for Week 4: *"I am consistent. My Goddess light shines brightly, and I will keep it lit through daily rituals, self-love, and accountability."*



The Goddess Development Academy

Closing Ceremony – Honoring Your Journey

Congratulations, Goddess! ✨

You have completed your 4-week journey through *The Goddess Development Academy*. Over these weeks, you have:

- Reconnected with your Inner Child (Week 1)
- Built Goddess Habits (Week 2)
- Practiced Accountability & Self-Love (Week 3)
- Embodied Consistency & Light (Week 4)

You have shown courage, discipline, and love for yourself. This is not the end of your path, it is the beginning of a lifelong commitment to your Inner Goddess.

✨ Closing Ritual

1. Sacred Space – Light a candle and place your childhood photo, your crystals, and your chosen Goddess element in front of you.
2. Breathwork – Take three deep breaths:
 - Inhale love
 - Exhale fear
 - Inhale courage
 - Exhale doubt
 - Inhale Goddess light
 - Exhale gratitude
3. Affirmation – Repeat aloud:
“I honor my journey. I am consistent, loving, and powerful. My Goddess light will continue to shine and guide me forward.”

4. Celebration – Play uplifting music, dance, journal, or do whatever feels natural to express joy and completion.

✨ **Certificate of Completion**

This certifies that:

has completed the 4-week journey of The Goddess Development Academy and is now empowered to carry forward her Goddess light with confidence, self-love, and consistency.

Date: -----

Signed: _____ *Cecelia Cruz aka Tia Cece*

✨ Final Call to Action:

Carry this Goddess light with you each day. Revisit your journal, keep your non-negotiables alive, and remember: you are forever connected to your Inner Child, your habits, your self-love, and your Goddess energy. The Academy was your beginning, but your true journey continues every single day.

I am so proud of you!



With Love & Grace, Tía Cece