

DAY ONE

5 DAY
Sensual Self
CHALLENGE

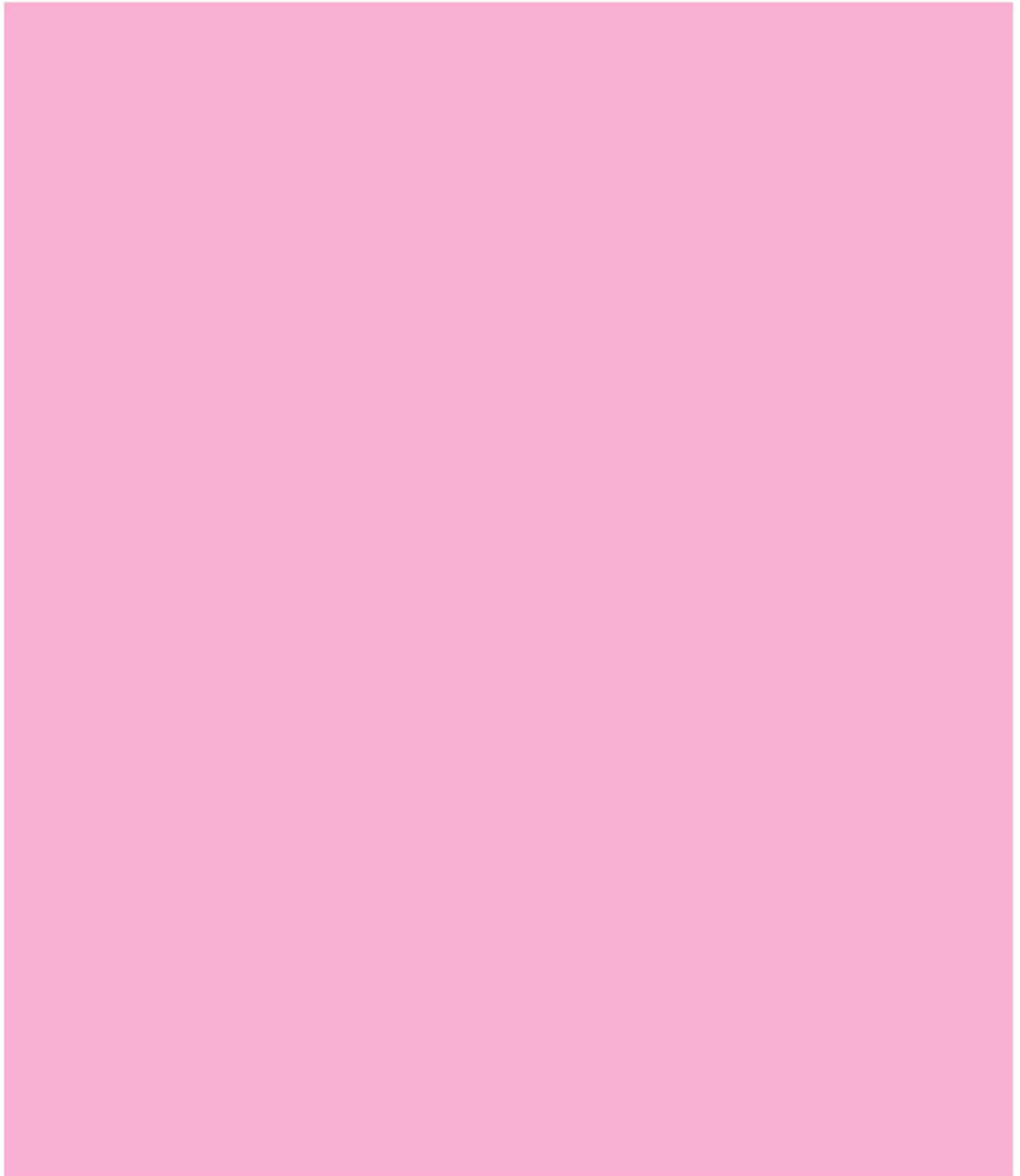




MINDSET & BELIEFS

10 minutes of subconscious writing.

Put on some fast paced music and write down all your beliefs (stories) around Womanhood, Sensuality and who can or cannot be.



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<i>OLD BELIEF</i>	<i>NEW BELIEF</i>
<p>1. <i>Belief in the immortality of the soul</i></p>	<p>1. <i>Belief in the resurrection of the body</i></p>
<p>2. <i>Belief in the existence of evil spirits</i></p>	<p>2. <i>Belief in the existence of demons</i></p>
<p>3. <i>Belief in the power of magic</i></p>	<p>3. <i>Belief in the power of witchcraft</i></p>
<p>4. <i>Belief in the existence of a hell</i></p>	<p>4. <i>Belief in the existence of a purgatory</i></p>
<p>5. <i>Belief in the power of the saints</i></p>	<p>5. <i>Belief in the power of the Virgin Mary</i></p>
<p>6. <i>Belief in the power of the angels</i></p>	<p>6. <i>Belief in the power of the archangels</i></p>
<p>7. <i>Belief in the power of the devils</i></p>	<p>7. <i>Belief in the power of the evil spirits</i></p>
<p>8. <i>Belief in the power of the demons</i></p>	<p>8. <i>Belief in the power of the evil spirits</i></p>
<p>9. <i>Belief in the power of the spirits</i></p>	<p>9. <i>Belief in the power of the evil spirits</i></p>
<p>10. <i>Belief in the power of the ghosts</i></p>	<p>10. <i>Belief in the power of the evil spirits</i></p>
<p>11. <i>Belief in the power of the witches</i></p>	<p>11. <i>Belief in the power of the evil spirits</i></p>

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MINDSET & BELIEFS

Inspired Action

*Share your 3 new beliefs in the Facebook group "The Sensual and Soulful Woman"
I can't wait to support you in changing your beliefs!*



REMEMBER


In order for the automatic subconscious mind to believe the new belief you have to form a habit around it.

Write your new belief every day for 30 days in your journal. It works. I do it every month!

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HEY, I'm *Nora*

I help women feel connected, find purpose and live joyful lives of meaning.

I run workshops and retreats on sensuality, intimacy, womanhood and finding joy.

I photograph women to empower them to love themselves fully.

I mentor women who want more 'umph' in thier lives.

COME SAY HI!

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