

DAY FOUR

5 DAY
Sensual Self
CHALLENGE





PLEASURE PRACTICE

Write a list below of all the things you can do that bring you pleasure..

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PLEASURE PRACTICE

From the list make a rough outline below of a pleasure practice you can do daily.

The aim is to do the things that bring you the most joy daily, BUT they also have to be doable - no use saying you want to have a champagne bubble bath if you can't do that every day!

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PLEASURE PRACTICE TRACKER

A pink grid pattern consisting of vertical and horizontal lines forming a series of small squares. The grid is composed of 12 vertical lines and 20 horizontal lines, creating a total of 11 columns and 19 rows of squares. The lines are a vibrant pink color, and the background is white.

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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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