

DROP

THE MF

STRUGGLE

GET ALL YOU DESIRE AND QUICKLY!



DROP THE MF STRUGGLE

WHO IS THE **WOMAN** YOU LONG TO BE?

You can't get to where you want to be without KNOWING and FEELING all her qualities... I'm going to get you to spend the first part of this course really journalling on the FEELING of the woman you want to be.

So take out your pen, put some beautiful music on and let yourself dream her up.



DROP THE MF STRUGGLE

A. Who are you now? List out all qualities and aspects of who you are, include things you think are negative and things you think are positive.


B. List out all qualities of who you want to become. You can take some of the positive aspects of yourself now and add onto them


Now think about health, career, relationship and money, drop into each area.

How is she living?

What is she wearing?

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw




DROP THE MF STRUGGLE

How is she acting?

What is she feeling?

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel


 www.facebook.com/nakedandraw




DROP THE MF STRUGGLE

**Video 1. UNLOCK YOUR BELIEFS, F*CK
YOUR FEARS, BREAK BAD HABITS**

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

Now we are going to get clear on why you aren't that woman yet.

I'll tell you WHY you aren't her yet!

YOU are stopping you, that's the only reason AND YET you probably are stammering, "like surely there's more to it than just that?"

Yes, you are stopping you and there are THREE underlying aspects to how you are stopping yourself, they are

YOUR BELIEFS

YOUR FEARS


YOUR HABITS


Let's get into beliefs;

How do we find out our beliefs, especially those that aren't that obvious to us outright?

Look at yourself in the mirror, look at your Life, it's a direct reflection of your beliefs!

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

*How much money is in your account,
What are you eating,
How's your love life?
What kind of men are you attracting?*

Seriously - look at your life and you'll see all your beliefs!

I want you to list out your beliefs according to 4 categories:


HEALTH


RELATIONSHIPS

CAREER

MONEY

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw




YOUR HABITS


A habit is a repeated behaviour pattern that's often subconscious - think about driving, how often have you driven and then realised that you were driving and reached your destination without really BEING there and having to think about driving?

Our habits are formed by our beliefs. Our habits determine how we show up in this world. Habits often come from the reptilian brain, the most ancient part of your brain which is based on survival. It has to perform that in order to keep you alive (or so it thinks!)

This is also why it's so DIFFICULT to change a habit! We try and change our habits from our prefrontal cortex our thinking brain - what happens when you try and break a habit this way = a habit battle, I want to change, no I want this etc etc...you get exhausted!

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

List out your habits you want to change in each of these categories:

HEALTH

RELATIONSHIPS

CAREER

MONEY

HOW TO CHANGE YOUR HABITS:


Dismiss your habit voice - “that does not exist for me”


Move your attention

Repeat the process again and again

USE THE ABOVE FOR EACH HABIT YOU WANT TO CHANGE.

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



FEARS

Fear is a psychological sensation we feel when we believe we are under threat. It kept us alive back in the day. Today because of our beliefs around certain subjects - FEAR holds us back from being or doing certain things!


I love looking at my fears because they also show me my underlying beliefs.


HEALTH

fears

beliefs

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

RELATIONSHIPS

fears

beliefs

CAREER

fears


beliefs

MONEY

fears

beliefs

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel


 www.facebook.com/nakedandraw




DROP THE MF STRUGGLE

**VIDEO 2. STOP THE SELF
SABOTAGE ALREADY**

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw





DROP THE MF STRUGGLE

***LIST ALL THE WAYS YOUR INNER
CRITIC IS TALKING TO YOU.***

REMEMBER TO STOP AND FLUSH!

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel


 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

**VIDEO 3. CHANGE YOUR LIMITING BELIEFS
INTO YOUR UNLIMITED LIFE**

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE


We know a belief is a thought pattern that the brain keeps thinking to conserve energy, and we also see how real we think about beliefs are.


In order to shift from your current belief to a new one, (remembering what you learnt about habits as well!) you have to find evidence against your belief.

I want you to write your current belief and then all the ways in which that ISN'T TRUE!

FYI my own hack is I keep a note open on my phone where I can always jot down when something happens that smashes my limiting beliefs.

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw




DROP THE MF STRUGGLE

BELIEF 1.

Evidence against that belief.

BELIEF 2.

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw




DROP THE MF STRUGGLE

BELIEF 3.

BELIEF 4.

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw




BELIEF 5.


MANIFESTING

*Everything we want is because we want to feel a certain way.
Then what we try and do is change our external environment in
order to feel that way.
That's really hard work and usually never is successful.*

*For example - Say you want to find the love of your life.
So you go on tinder, and bumble and go on a bunch of dates and yet
you still feel lacking, you still think "I'll never find him".*

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

Fact, you'll probably never find him. 1. Your belief is you will never find him. 2. you fear never finding him. 3. your trying to change your external environment.

Instead of changing the external environment it really is about changing YOUR internal environment, what is the internal environment?

It's how you FEEL.


Manifesting is


1. BEING CLEAR ON WHAT YOU WANT

2. SEEING YOUR RESISTANCE (BELIEFS, FEARS ETC) AND CLEARING THOSE

3. FEELING INTERNALLY WHAT YOU WANT AND GETTING EXCITED ABOUT THAT FEELING

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE


I am going to share with you my 3 step process I use to get clearer on what I want to manifest.


First column is what you want (your desire) List them all out, be as specific as you can

Second column - your beliefs+ fears around what you want

Third column - the actual truth (are your beliefs + fears real?)

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw



DROP THE MF STRUGGLE

Everything I taught you in this course isn't a one time process, this is an everyday awareness process if you truly want to embody and become the woman you long to be.

I WANT YOU TO NOTICE EVERY DAY;

What am I thinking?

How are those thoughts making me feel?

How do I want to feel instead?

What can I do to feel that way?


These four questions are going to help you tune into the feeling of who you want to become, and it's the FEELING that creates reality.


YOU GOT THIS.

xo

Nora

COME FOLLOW ME ON INSTAGRAM & FACEBOOK

 www.instagram.com/norawendel

 www.facebook.com/nakedandraw

