



NORA
WENDEL

 @norawendel



LEARN TO FEEL

confident, sexy

& free

FEELING STUCK IN LIFE?

Ask yourself this one question to find your flow again.

WWW.NORAWENDEL.COM



FEELING STUCK IN LIFE?

“Is this my life?”

Wanting more, yearning for bigger, better things in your life...

Do you feel this too?

Nothing seems to move forward, you feel the mundanity of your life and the frustration of stagnancy is building up inside of you and you might just let it loose soon and you don't know what that is going to look like....

I get it. I have that feeling too. I want to share with you the one question I ask myself and the process I use to find my flow again.

Use this document to process your feelings and help you find clarity in your life.

IT'S TIME TO QUESTION EVERY THOUGHT, EVERY ACTION EVERY INTENTION IN YOUR LIFE.

IT'S TIME FOR A CLEANUP.

Ask yourself: “Why am I doing this?”

Question all 5 areas in your life. I have outlined them in this document.
Take the time to dive in deep.

The more juicy you can get in your answers the more clarity you can find at the end.

Just know you are not alone in this feeling.

xox
Nora

Ask yourself: What is the number 1 frustration right now?

COME FOLLOW ME ON INSTAGRAM AND FACEBOOK



www.instagram.com/norawendel



www.facebook.com/nakedandraw



FEELING STUCK IN LIFE?

LIFE AREA 1 : WORK

What do I want and why am I doing this?

What is it going to give me?

How do I think it will make me feel?

COME FOLLOW ME ON INSTAGRAM AND FACEBOOK



www.instagram.com/norawendel



www.facebook.com/nakedandraw



FEELING STUCK IN LIFE?

LIFE AREA 2 : HEALTH

What do I want and why am I doing this?

What is it going to give me?

How do I think it will make me feel?

COME FOLLOW ME ON INSTAGRAM AND FACEBOOK



www.instagram.com/norawendel



www.facebook.com/nakedandraw



FEELING STUCK IN LIFE?

LIFE AREA 3 : FAMILY

What do I want and why am I doing this?

Blank purple box for writing.

What is it going to give me?

Blank purple box for writing.

How do I think it will make me feel?

Blank purple box for writing.

COME FOLLOW ME ON INSTAGRAM AND FACEBOOK



www.instagram.com/norawendel



www.facebook.com/nakedandraw



FEELING STUCK IN LIFE?

LIFE AREA 4 : RELATIONSHIPS/LOVE

What do I want and why am I doing this?

What is it going to give me?

How do I think it will make me feel?

COME FOLLOW ME ON INSTAGRAM AND FACEBOOK



www.instagram.com/norawendel



www.facebook.com/nakedandraw



FEELING STUCK IN LIFE?

LIFE AREA 5 : MONEY

What do I want and why am I doing this?

What is it going to give me?

How do I think it will make me feel?

COME FOLLOW ME ON INSTAGRAM AND FACEBOOK



www.instagram.com/norawendel



www.facebook.com/nakedandraw





HEY, I'M *Nora*

I am a Feminine Embodiment Coach and Relationship Expert. I help transform your relationships from failing to flourishing and it starts with the relationship you have to yourself.

*If you long to feel **alive**.*

*If you crave **deep intimate relationships**.*

If you are ashamed of your body.

*I help transform self loathing to **full time loving**.*

I create experiences that allow for

deep connections, pure love and heart bursting joy

*Because when you know how **to feel**, know how to **connect back to yourself** and are the most **confident, sexy and free woman** you can be...*

anything is possible!

COME SAY HI!



www.instagram.com/norawendel



www.facebook.com/nakedandraw

WWW.NORAWENDEL.COM