



Confident Sexy & Wildly Free

HOW TO OWN YOUR WORTH,

DITCH THE SELF DOUBT, AND NOT GIVE

A F*CK WHAT OTHER PEOPLE THINK OF YOU.

Nora Wendel

Confident,
Sexy &
Wildly free

How to own your worth, ditch
the self-doubt and not give a f*ck
what other people think of you

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To Her

*Every day,
It's me I wake up to.*

*My skin still hugging me tightly even though I didn't
ask for any love.
My heart still swirling all alone on the dance floor
because it didn't give up on me.*

*It's not me I pray to, soft whispers of words on my
lips.
My devotion rising and falling in love with you, not
me.*

And

*Every day it's me I wake up to but it's not me I
dream about, eyes flirting with the imagined reality
of your beauty before me.*

*Every day,
It's me I wake up to.
And yet, it's not me I long for.*



Stop. Breathe.

You are here.

I was exactly where you are.

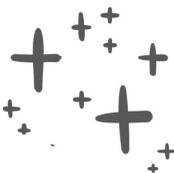
I had this deep yearning, this inner longing for more. My anxiety was crippling me. WHAT WAS MY PURPOSE? Why couldn't I just be 'normal' like that woman over there [insert a woman you can't keep your eyes off in a coffee shop or that woman you see on your Instagram feed whose profile you spend 30 minutes scrolling down, tapping on each and every photo, devouring her life].

'Normal' to me was a woman who had it all together; her friends loved her, she had a big mission driving her forward in life, her business was thriving, she had her beloved. She had purpose, she had what I wanted. *So why didn't I have that?*

What was wrong with me?

I'm writing this book because I became that woman that I couldn't take my eyes off. Today passion oozes from my pores, joy is my password for life and being an inspiration is my purpose.

I have a thriving coaching business which I run from my epic four-bedroom beach villa in Bali.



How did that happen? What got me from hiding, feeling scared, listless and unsatisfied with my life to being a confident, sexy and wildly free woman?

The HOW is what this book is about.

This isn't just a book. I don't 'just' do the norm.

This is a PLAYBOOK.

A chance for you to rip off the constrictions of your mind and run naked through life, going, *"Fuck me, is this what freedom feels like? Gimme more of THIS, please, universe!"*

Ah yes. Freedom. I'll be sharing more about the meaning we give freedom in the first few chapters, but for now, let me whisper in your ear ...

"Are you ready?"

Are you ready to join me as I unravel my own journey with you?

The reason I call this a playbook is because I'm taking you through my own processes, tools and mindset shifts. It's really not a *read-and-put-down-and-forget-about-it kind of book*.

I want your pen to hit your journal running out of ink, I want tears to be streaming down your face as you

realise THE reason you keep sabotaging yourself, I want sighs of sweetness to ripple through your being as you learn what true self-compassion feels like.

I want all that for you and more. In order for that to happen, I need to ask you about your level of commitment.

You picked up this book because something resonated with you.

Perhaps it was a feeling of discontentment with your life.

Perhaps it was an inner knowing that there is more to your life.

Perhaps you have hit the point of having enough of feeling shitty, clamouring to get out of the negative Nancy hug of your mind, who has trapped you in her smothering embrace.

You want to learn how you can feel confident, sexy and wildly free with yourself.

And that, my love, is what I'm here to guide you on. I can only guide you if you are willing to be led. Effortless is my word and I'm sure as hell not going to be pushing and shoving you from behind as you scratch me, screaming, "Stop it, stop it."

That's not effortless.

I'm revving my big, black, sexy 225cc custom Honda motorbike parked in your driveway, helmet for you in one hand, smiling and asking you, "*Are you coming along for the ride?*"

'Cause if you are, we're going to swim into wild waterfalls, run along the rice paddies, sip coconuts at my favourite vegan cafe whilst giggling at how great our life is. Why? How?

Because you get to CHOOSE life to be this great.

Want that? Read on.

There are journalling questions, meditations, affirmations, emotional freedom technique (tapping) videos and so much more that this playbook contains, all with the single purpose of teaching you how to own your worth, ditch the self-doubt and not give a f*ck what other people think of you.

Do. the. Playwork.

It's not homework, 'cause who likes homework?!

It's PLAYwork, 'cause you get a chance to play with who you want to become; THAT IS EXCITING! CAN YOU TELL HOW EXCITED I AM FOR YOU?

Ultimately, this is a journey for you to feel GREAT about yourself and your life.

Are you willing to take the risk to feel great?

Get out the lipstick, put on that sexy lingerie, do YOU to the max, 'cause this shiz is about to get real: real fun, real deep, real freeing.

And I'm here with you drying your tears, giving you big hugs and whispering in your ear, "You are so much more amazing than you think you are."

Xo

Nora

PS There is no wrong way to do this book, your feelings are valid, your experiences are valid, you get to do you.

I do *suggest* you read the book all in one go and then go back chapter by chapter and do the playwork. This means you get to read in one beautiful flow and get your mind to start thinking about your life. Then when you go back you can take your time answering each of the journalling questions. The work is in the journalling questions as this is when you can apply it to YOUR LIFE. Even if you have done some of the playwork before; approach this like a child in another child's toy room—eyes wide open, full of wonder and awe at all this STUFF to play with!

PPS I'd get a brand-new journal for this playwork. I just love having a fresh, clean journal to start diving

deep into my thoughts, plus plenty of space to just scrawl all my 'me-ness' over!

PPPS You can find all the extra digital playwork on my website under www.norawendel.com/confidentsexyfree

PPPPS This is just the start of it all. I go even deeper into all of this in my online courses and group coaching programs. Check out my website to find out more!

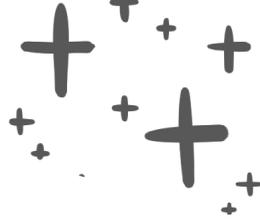
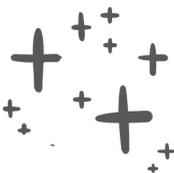


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introduction

I wasn't okay.

I felt my internal heat rising; scrambling, I quickly tried to untie the wool scarf wrapped around my neck to get some fresh air. I ripped my headphones off my ears as the pounding psytrance faded away. I heard the beeping warning of the doors closing and I knew—I HAD TO GET OUT. I stumbled onto the platform as the tube doors shut behind me and the train started moving.

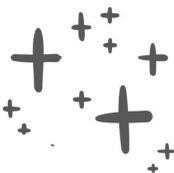
I still wasn't okay.

I undid my thick winter coat, panicking and feeling things I'd never felt before: fear, death, heart pumping. I turned and ran up the escalators. I needed fresh air NOW.

~

I was 24, studying art at university in London and I had just had my first panic attack on the London Underground during the morning rush hour. That was the start of my journey. That was the start of my mistrust, distrust and deep-rooted fear that *I was not okay*.

It has taken me just under 10 years to feel more than okay again, to feel radiant, to trust the universe, to feel



the self-compassion and ever-greater rising love of life emanating from my being.

For the majority of my 20s and early 30s I was a deeply fearful woman. The undertone of anxiety was the only norm in my life. The constant fear that I wasn't okay, that I couldn't do big things, that I couldn't do things ALONE. Going from codependent relationship (I couldn't be alone now, could I? My anxiety would come back!) to codependent relationship (yes, I moved from Australia to Brazil, and New Delhi, India to Cape Town, all for men).

There was a quality of unsatisfactoriness to my life. I didn't know my greater purpose and I longed to know. I couldn't plan my goals for fear of not being successful. I couldn't decide where I wanted to be, it always seemed 'better' over there! Hence I moved from my university in London to another university in Australia, then to Brazil, then to India and then to Cape Town, finally settling in Bali.

My anxiety didn't stop me from travelling; I grew up as a global gypset girl, being born in Thailand, raised in Nepal, boarding school in India, Mum and Dad in separate Asian countries. Travelling was the norm for me; however, I dreaded it. Hated it. Feared what would happen if I got a panic attack again. I didn't feel safe in my own body; ***I didn't feel safe being me.***

I didn't get better on my own, I had loads of help along the way. When I first had my panic attack and I wasn't okay, my mum recommended I try EFT tapping therapy in London to be able to get back onto the bus (I had severe anxiety being in any spaces where I couldn't control getting on or off myself), the help didn't stop there, I got counselling in every country I lived in, I did Gurdjieff dance therapy in Goa, India for 10 weeks. I remember the tears of joy when on the final day of performance I didn't have a freaking clue what I was doing (i.e. I didn't know the next moves) and when in the taxi ride home Pharrell Williams' song 'Happy' came on, and I burst into such a big smile as I realised I WAS OKAY NOT KNOWING! That was a first step towards healing my internal terror of needing to be in control the whole time.

In Bali I had weekly sessions with a psychotherapist; I also dived deep into feminine embodiment practices guided by the many amazing coaches/healers/movers living in Ubud so I could reconnect to my body, the body which had failed me when I had that panic attack, the body which I didn't trust.

I trained in Authentic Relating as I knew connection and community was a way I did feel safe around people and ultimately myself especially when I knew how to express my deepest fears and be held in a non-judgmental space.

I learnt leadership techniques on retreats to regain the feeling of empowerment. It felt good. It felt great.

I did the work as I wasn't willing to be this woman who felt stuck, who felt limited by her own fears, who just wasn't happy with herself deep down.

It was about eight years into my anxiety journey when my best friend suggested that I go and do Landmark Forum as another tool to shed any stories I had about who I was or could be. Landmark Forum is a transformational three-day boot camp aimed at self-realisation around the stories or lies you tell yourself. Totally my kind of personal development!

And yet ... the thing was that the next training I wanted to do was in Sydney. It meant I had to fly there alone. Shit.

I didn't feel like I could do it.

Still after ALL these years. I didn't trust myself that I was going to be okay.

I knew I needed more help. I had heard of NLP (Neuro-Linguistic Programming) over the years and I had my inner intuition telling me that finding a NLP coach would help me.

I was at the Saturday organic market in Ubud where I was living at the time when I ran into Chad, a friend who I knew from Cape Town.

“How you doing?” he asked.

“Pretty shitty,” I replied. (I am not one for pretending and glazing over true emotions, something I learnt in Authentic Relating.)

“Oh, tell me more.” He opened the space between us for more of a connection.

“I’m feeling stuck and low about myself, I really want to go to Landmark Forum in Sydney next month and I just don’t feel like I can. I’ve been thinking of doing some NLP to help me, do you know anyone?” I asked him.

“I do,” he replied. “I have this amazing Indian lady I have been working with for 10 years or so, I’ll pass you her contact. Give her a WhatsApp.”

It turns out that Reena Jabran was the last seed that planted my most luscious and fragrant rose garden. She got me on that Bali to Sydney flight in under two weeks of NLP therapy with her. I did Landmark Forum ALONE, not knowing anyone, and even stayed in an Airbnb around the corner from the venue (something that brought up such fear in me before).

I felt proud.
F YES, I DID IT!

I was radiating.

I was empowered.

I ended up working with Reena for a year and a half in online weekly sessions before flying to India (yes, alone!) and training as an NLP practitioner with her in early 2020.

I no longer have chronic low level anxiety.

I no longer majorly doubt myself.

I no longer want to stay small out of fear.

I no longer lack purpose.

I no longer feel worthless.

I have a set of tools, I have a set of processes, I have trained in Feminine Embodiment, Authentic Relating, Transformational Leadership, NLP and most importantly, I have *the experience of what it feels like* to be shy, hating myself, totally disconnected, and constantly in doubt and fear of my own life.

What is the opposite of that then?

What's the opposite of lack of self-worth, constant self-doubt, and overcaring what people think of you?

It's a woman who deeply knows her values, has her boundaries, loves who she is, feels sexy from the inside out, is so secure in herself that she doesn't need the external validation from others and isn't afraid to speak her truth.

No more people pleasing.

No more thinking she can't have it all.

No more feeling small.

No more perpetuating self-doubt keeping her from taking inspired action.

She is a woman who is confident, sexy and wildly free, and you are going to become her.

**THERE IS
NOTHING WORSE
THAN
BECOMING A
WATERED DOWN
VERSION OF
SOMEONE ELSE.**



chapter 1

what do you want?

“How do I become her?” you ask. “That confident, sexy and wildly free version of myself?”

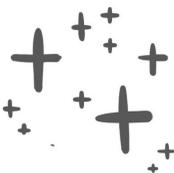
That, my love, is my genius ability. I teach Feminine Magnetism: the art of being a confident and sexy woman in love with herself and her life How would you describe a Magnetic Woman? You guessed it ...

It’s the woman who turns heads when she walks into any space, not because of her external beauty but because of how she carries herself.

It’s the woman on the dance floor with the biggest smile on her face as she just lets loose without any hindrance to her self-expression or care at looking silly or weird or uncoordinated. She just is freely herself.

It’s the woman you can’t help but keep looking at, being reeled in by her vibe. “More,” you say to yourself. “I want more of THAT.”

It’s the woman who you want to be friends with, to hang out with, to be around ALL the time.



A magnetic woman is a woman who owns her worth, doesn't settle for anything but her biggest desires, believes she can have it all, has the passion and purpose in her life so that she constantly takes inspired action, knows she is the 'hot shit', and yet has the biggest, kindest heart full of compassion and empowers everyone around her so that THEY feel great.

She is empowered and she empowers.

Yum. Yes.

~

**YOUR
POTENTIAL
IS
ENDLESS**

If that is a magnetic woman, how do you get to BEING her? Read on, love, read on.

There is a reason you aren't her yet.

There are fears, stories, beliefs and past experiences stopping you from embodying her, and this is where we are going to start the unravelling together.

I'm going to ask you two questions: these two questions had me trembling back in my anxiety days as I really had no idea about the answers, so I'm going to guide you to dig a little deeper. Remember there is no wrong way to do this. Your desires are valid, your fears are valid, your experiences are valid.

And in case you are freaking out inside, *you can change your desires at any time.*

It was one of my big fears. “Oh, I want to live in India (BUT what if I don't anymore?)”; that push and pull with my desires led to inaction in my life and it was a debilitating feeling that caused internal frustration and such self-hate in my life. Now I tell myself, “Right now I want this AND it's okay to change what I want at any time.” Ah, relief! Reframing it that way feels so much better to me. The whole point of this book is to get you to FEEL GREAT about yourself.

Here's how to do this first journaling playwork:

Take out a pen and your journal and turn on some fast-paced music and set a timer for 10 minutes. Don't let your pen leave the paper for ALL that time. Keep writing, even if you don't know what to write, write: "This is stupid, I don't know what to write." The aim of this is to get your conscious mind out of the way (by not stopping writing) and allow your subconscious mind to surface with its desires ...

Got it?

Here you go ...

journaling question

What do I want?

Journaling on this question may bring up paralysing doubt, lack of self-worth and internal fear: "I can't have the \$250K-a-year business"; "Who am I to want two kids AND a thriving business AND live in Bali?"

That's the point of getting you to write down your desires—not the desires you feel 'good enough' for right now, I want the big, juicy desires that make your insides fill with butterflies because 'what if that were possible?'

I want those desires.

Go back and add to your journalling if you didn't allow yourself to dream bigger. (Maybe it didn't feel safe; I'll address that later on in this book.)

Looking at your list of desires, think about WHY you want them. This is an important part of the process and one of the foundations of this book.

Everything we want in life is to feel a certain way.

We are not only Human Beings we are Human FEELINGS. We navigate life according to how we feel or want to feel. (Understanding this is also the secret to becoming a manifesting queen)

Everything you want is because you think you will feel a certain way when you have it.

And that feeling is usually thinking you will feel 'better' by having that.

For example, I wanted a custom motorbike here in Bali because I knew I would feel like a sexy badass on it. I didn't *need* the motorbike to feel sexy and like a badass, I could just decide that I wanted to feel sexy and like a badass and embody that. However, since we have been taught to associate material objects with feelings, we

think when we have *that*, then we can feel *this*. That's a false premise that I want you to examine deeply in your life and what this journalling playwork in this chapter is all about.

Go back to your list of desires. On a new journal page draw a line down the middle so you have two columns. On the left write down your list of desires. On the right write down *why* you want it (i.e. how it will make you feel having it).

In my example:

Desire

Custom motorbike

Reason WHY

To feel like a sexy badass

Our feelings are our driving force in life and most of the time we aren't aware of the deeper reasons WHY we want something, it just 'seems' like it'll make us happy/give us status/make us feel freer. Understanding the feeling reason underneath your desires will allow you to stop living your life on autopilot and instead become the conscious creatress of your life. Feelings are important; start observing your feelings from this moment forward so you can practise being highly self-aware. It'll only lead to more greatness in your life.

~

Moving on to the second journalling question. Use the same 10-minute journalling hack I outlined above: pen

hits the paper for 10 minutes non-stop. Allow whatever wants to come out to just come out.

journaling question

Who do I want to be?

Let me give you some more guidance on this question. What does the ultimate version of you feel? How does she act? (her behaviours) What are her habits? How does she relate to herself?

Go and let loose, pen to paper.

~

Done? Great!

Now we have a clearer vision of both what you desire in your life (it's allowed to be material and non-material, FYI) and who you want to be. This is juicy stuff right here, it's like the hunk of marble before it gets chiselled into the most gorgeous Greek goddess statue, i.e. YOU!

Looking back at your scribbles of desires and the reason WHY you want them, we are going to add another layer to this. I now want you to list:

- Why you don't have that yet
- Why you think you can't have that

- Why you feel like you can't be that woman already

Journalling on this will bring up all your stories, lies and limiting beliefs. Don't despair. This is exactly what we want to have access to—the inner workings of your brain! You are getting a clearer and clearer internal look at:

A. What you desire

B. Who you want to be

C. Your beliefs and thoughts that are stopping you from getting it/becoming her

This journalling playwork is showing you the exact reasons why you don't have what you want in life! Congrats, you just dived headfirst into your own internal jungle. Perhaps you were walking down a little dirt path covered with vines and spiderwebs, having no idea where you were going, when suddenly you discovered a clearing with a magnificent waterfall whose banks were covered in the most beautiful flowers; you feel relief, you feel joy, you can't wait to strip down to go for a refreshing swim. That's what I feel like whenever I do this journalling playwork.

By the way, this isn't a one-off journalling exercise. I still do this in my journal often, at least once a month. It's a constant checking in with myself around what I think I can or cannot have and who I think I can or cannot be.

*Stop shrinking
to fit into
places you've
outgrown*

The fact is we can have anything we want and be whoever we want to be.

Why don't we go for it in life then?

What has us doubting, fearing, staying small?

This is where it gets really interesting and I'm about to nerd out on some (simplified) neuroscience with you.

Our limiting beliefs, our fears, or what I call our negative Nancys are what is keeping us from having everything we want (as you saw in your own journalling, right?). All these are simply THOUGHTS pinging around our brain. What do thoughts and the brain have to do with being a confident, sexy woman?

Stay with me here.

The brain has two main functions:

1. To keep us alive aka SAFE (turn us away from pain) and
2. To keep the body in balance by optimising energy consumption

Makes sense so far.

Let me ask you, how does the brain know what is 'safe'? What instruction manual is it operating on to

understand what safe is and what danger is? Who is telling it what to do?

The brain's operating manual is PAST EXPERIENCE, and past experience are stored as your memories. More specifically, memories associated with feelings we internalised.

Everything we experience leaves a feeling residue that is either 'feel good, more of this, please' or 'feel bad, don't want to feel this again'. The feel-good feelings aren't of much concern to us right now. It's the feel-bad feelings that trigger the response in the brain to think, "Is this a threat to our survival? Yes? YES?! Okay, make note, that experience isn't safe for us."

The Brain Works on the Past

Anytime you get out of your comfort zone, i.e. wanting to stretch yourself to get your desires, your brain scans your memories of past experiences and starts hitting the PANIC NOW button as it learns you haven't ever done anything like this before, so it MUST BE UNSAFE.

RETREAT. RETREAT. Flight, fright or freeze activated. Your survival is at risk!

Go back to the comfort zone. It's safe there. Out there with that big scary goal, oh no, that's not safe!

Can you understand why we cognitively understand our goals and yet it seems so hard to actually achieve them, especially if they are wayyy up there and stretching ourselves?

When I really understood this I had such self-compassion.

“Oh Nora, all your sabotaging, niggling, itty bitty shitty committee just means you care so deeply about yourself! You want to stay alive. I get you. I understand you.” That is how I started talking to myself instead of self-hating and getting more and more frustrated at WHY THE F WASN’T I ABLE TO JUST GET ON THE PLANE AGAIN?!

Remember my experience of anxiety was a huge life experience that caused me pain (the panic in my body). I remembered that experience as something I didn’t enjoy. It was associated with travelling, so my brain made the association that all travel was potentially life threatening and therefore even a thought of travelling alone would trigger similar bodily feelings of panic and anxiety even though I KNEW that this was a different situation.

Ah, brain. I love you so dearly! You are just trying to protect me.

Start saying this to yourself whenever you notice self-sabotage or internal frustration at not moving forward,

and you'll shift the feelings from self-hate to self-appreciation, and that feels like such relief.

I want you to think of some life experiences you've had that you categorised as 'not good feeling' or of causing pain and note how similar situations cause the same feelings to surface and how you retreat back into 'safety'. Just make a note; it's more than likely that this is a way you sabotage yourself. More about self-sabotage in Chapter 2.

Let's talk about the second function of the brain: conserving energy.

Some of our beliefs are just a tedious wet spaghetti mess that we can't seem to get a grip on.

Can you relate to this?

Surely I can just 'believe' that I am worthy enough to ask for the sale with the potential new client? So why am I freaking the F out, sweating, feeling so undeserving and fearing rejection so badly that I just don't do it? Then I feel even more shit, berate myself for not being confident enough, self-flagellate, cry some and decide online business is not for me.

Why does my belief that I can't ask for what I want/ am not worthy enough stop me?

The answer lies in the fact that rewiring a belief takes effort. The brain doesn't like effort, it likes ease, it likes effortlessness; thinking a new thought takes more effort than allowing the old thought pattern to flow. The result is, we often revert back to old ways of thinking (beliefs) that don't serve us anymore in getting our new desires or becoming that new version of ourselves.

Our brains are just doing their jobs—keeping us alive and safe and conserving energy. Words of advice from a chronic self-hater: stop *hating* on yourself so much, okay? There is nothing *wrong* with you.

All we have to do is dig a little deeper, uncover more of your thoughts and unravel them to show yourself that you are safe, that you have got this, and that the big bold life you want to live is right there waiting for you.

You've started the unravelling in this chapter; don't stop now, it really does get better and better.

Before moving on I also want to mention that a lot of our life is ruled by subconscious programs. Subconscious programs are ideas/stories/beliefs that we aren't even aware of but they govern how we act out every day.

For example, I really want to wear my white pair of cute jeans shorts and yet I never do. They sit in my cupboard neatly folded waiting for the day they get to feel my skin. I may have a subconscious program

based on a memory (that I can't remember!) that my dad once told me that white shorts didn't look good on me and I should go and change clothes. This memory translates into me never feeling comfortable wearing the jeans shorts EVEN THOUGH I really want to and I know they look great on me!

Don't get scared. You may be thinking, "This is a lot to take in. I want so much (my desires) and I want it to feel a certain (good) way. My brain isn't letting me get what I want because of my thoughts and now there are things that I don't even know about that are stopping me too?! Do I have any hope?"

Yes, you do. Vast, glittering rainbows of hope, in fact. This book is guiding you to uncover more and more of those silly stories you tell yourself, whether you are aware of them or not. You are here and that shows that you are willing to take a deeper look at yourself right now and what you have or do not have in your life.



**THOUGHTS ARE
NOT FACTS**

**DON'T BELIEVE
EVERYTHING
YOU THINK.**

Everything that you do have or don't have is a direct reflection of your thoughts. It is thoughts that create things. An idea (which is a thought) creates material things.

Electricity was made from the idea (thought) of it. Someone once had the idea to make sexy lingerie (thank f*ck for that, I don't want to be wearing granny panties for the rest of my life!).

Your computer was once a thought (even all the little pieces inside the computer were once a thought too!)

Thought creates things.

Take a look at your life and go back to the two journaling playwork questions from this chapter. Maybe you'll add some notes, maybe you'll rearrange. Maybe you'll ponder over this in your candlelit rose petal lavender bath bomb bath tonight. Tag me on Instagram if you do take a bath—@norawendel—I want to share in your self-care delight!

“Do I have any hope?” You ask again! Yes you do. Keep on reading.

The first step is always awareness, discovering the thoughts that are keeping you from being that confident, sexy and wildly free woman.

Awareness is an ever-unfolding process, that's the joy of it! No, really, that *is* the joy of it. We are constantly

yearning to thrive, to grow, to be better, do better. Not the ‘I’m not good enough, need to self-hate and add to my list of shoulds’ kind of better, I’m talking about the ‘I freaking ROCK and want to continue to rock’ kind of better.

Okay, this was a lot of ‘heady’ stuff in this chapter right here. It was all mindset based. What you think matters. How you talk to yourself matters. **THOUGHTS REALLY DO CONTROL YOUR REALITY.**

Become hyperaware of your thoughts. Examine them. Praise them if they are moving you forward in growth, reexamine them if they are keeping you small. Become your own scientific experiment. Ask yourself—are these thoughts serving me?

Is this what my ideal confident, sexy and free self would think?

Let that question be your guiding question from now on.

~

In this chapter we dived into your desires, understood the feeling reason why you want what you want. We learnt how **FEELINGS** are the basis of how we navigate life and understood that our brain loves us deeply even

though it seems like the opposite. Reminder: more self-compassion, less self-hate!

The next chapter is all about finding out the biggest story (lie) we tell ourselves, seeing *how* we sabotage and how our needy inner children are throwing temper tantrums in our adult lives without us even realising it. It's time to claim back our own power, hug our inner children and stake claim to our desires.

you are
busy doubting
yourself when
other people
are intimidated
by your
potential.

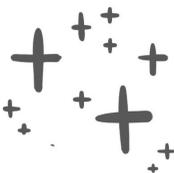


chapter 2

our needy inner children

Chapter one was all about getting clear on what we want and who we want to be. Realising that **thought** controls us—either in a positive way (yay! I achieved my goal!) or then stopping us getting what we want (hey, there, negative Nancy!). In this chapter we will be understanding how to become the conscious creatress of our lives, learning what self sabotage is and giving love to the unmet emotional needs of our inner child(ren).

How are our thoughts formed? Are we just born with our minds filled with our can'ts and shoulds and 'yes, that is okay to do' or 'no, you can't do that'? You know this isn't true if you think back to you from 10 years ago; you don't think the *exact* same thoughts now as you did then (*some* maybe, but not all). We live life and our experience of life changes us, we adapt according to our goals and external circumstances, we take on new stories based on our experiences and whether they were good or bad, and we form new ideas about ourselves and who we think we can be all because we live this thing called life. How amazing! Why aren't we



living that confident, sexy and free life we dream about then?

It has to do with understanding how thought is formed in our minds and continuing to understand how thought forms our beliefs and stories.

Thoughts are formed by external influence, meaning everything in our external environment that is largely uncontrollable to us. (I say largely because we can control our immediate surroundings like our home, friends, etc., and larger than that is out of our control.)

It's through *our senses* that we filter in the external environment and it's through our senses that we start to form thought. Remember when I shared thoughts create reality? Here's how it works:

External influence is filtered through our senses to form thought. A thought you keep thinking forms a belief. We have multiple beliefs about ourselves and our lives which make up our belief system (what we think we can or cannot do); our belief system governs our behaviour (I can do that, I can't do that), which leads to the type of action or inaction we take. The actions we do or don't take create the reality that you see in front of you in the mirror every day.

Mind blowing, I know.

Here it is mapped out in a simpler way:

External influence = Thoughts = Beliefs (+ Belief System) = Behaviour (Action) = Our Reality

If you follow on from this and have the desire to change your reality because you are unhappy, unsatisfied and longing for more, and it's reflected in a job you hate, a body you loathe and crumbling relationships, *what do you need to work on?* (Remember, you can't change your external influence to an extent.) **What you can change is the way you think.**

In order to change the way you think you have to look at when and how your first thoughts were formed.

The Importance of Childhood

Let's go back to the beginning of our lives, empty vessels of pure bliss and joy, I like to call our baby selves. Language is still being formed, life is all new, wondrous and to be explored. Who is informing and influencing us as babies? Our main caretakers, which for most of us are our parents. We **depend** on our parents to take care of our survival in our early lives, we have no other choice; it's them and what they offer us, or death. As children we need a) basic survival as food + shelter b) care and attention and c) love and validation. When any of these are not given or lacking, we start to internalise feelings of unworthiness, doubt or neediness, etc.

When you look at it this way you can see how we easily take on our main caretakers' beliefs, stories, judgments and general way of life because our caretakers are our sole source of survival; our identity is formed based off what we know (i.e. the world of our caretakers). In order to start to change the way we think we need to acknowledge our childhood and the experiences which shaped us.

Our experiences of childhood are carried with us through the rest of our lives, often unconsciously controlling us (self-sabotage) until we become aware of them and then *consciously* choose a different story to tell.

The second most important question I ask all my clients after “What do you desire and why?” is:

What happened in your childhood that made you think you aren't worthy/that it is not safe to share/that you can't be whoever you want to be?

Let that sink in for a minute. It's a big question (one which you will be answering later on in this chapter). I'm asking you to look back at your childhood and allow for those experiences which you don't want to remember to come up again. Our childhood goes on for years; you can't possibly remember *everything*, right? Totally true, and I'm not asking you to spend weeks

meticulously remembering your childhood over the years.

I can guarantee you there is a memory from your childhood where you were shamed, told off, sent away, talked down to, dismissed, ignored, bullied and so forth, **for just being you**. From this experience you have then formed a (false) belief that it's not okay to be that way.

It's not okay to share my voice (because I'll be told off for screaming too loud).

It's not okay to wear what I want (because I'll be sent to my room for wearing Mum's best diamond earrings which I then lost).

It's not okay to ask for help in class (because the smart girl at school will tease me and bully me).

It's not okay to ask questions (because the one time I did I got slapped as Dad said it was rude).

Can you see the correlation? The experience you had as a child where you wanted validation, love and encouragement turned to a 'bad feeling' with consequences where it didn't feel safe or it didn't feel okay to be you; therefore, you created the story (essentially a thought repeated over and over again) that you couldn't share your voice because there was

a bad consequence (feeling) related to that. The brain then categorised this whole experience as a potential threat to survival and as a painful experience to be avoided hence ***any other experience remotely similar*** to the one from your childhood will trigger that same limiting belief/story and your brain will do everything it can to stop you experiencing that same feeling.

Fast forward to your life today. You want to walk into a room and own yourself, proud and womanly and full of self-love, yet at the same time you feel like you can't even post a selfie of you on Facebook with a truthful caption. You don't understand why you feel so shy, so unworthy, so lacking in confidence. It seems scary. "That'll never be me," you tell yourself as you see other women sharing so openly. You stay small, you stay hiding, secretly longing to be that woman who turns heads with just her energy.

Ask yourself, what happened in my childhood where I had an experience of owning myself and sharing truthfully that turned into a painful emotional experience? Dig up that memory and write it down.

The majority of your limiting beliefs come from a childhood experience and they are ruling your adult life causing serious obstructions to who you want to be and what you want to have.

It's time to love up your inner child so we can move past those silly stories holding you back.

Grab the tissues; the first time I did this playwork I bawled. In fact, this morning in my meditation the tears were there as I told my inner child how much I loved her and was so proud of her!

GRATEFUL

THANKFUL

GRATEFUL

THANKFUL

GRATEFUL

THANKFUL

GRATEFUL

THANKFUL

It's Not Their Fault

I want you to recognise that a lot of, *if not most*, self-sabotage is happening in your life because you have an emotionally starved temper-tantrum-throwing inner child who wants attention and validation for their existence and didn't get what they wanted! Cue eye roll here; we know what a child's temper tantrum is like, right?

Let me make it clear that you could have had the most loving childhood with the most adoring caretakers and still have internalised stories of not being lovable, not being worthy, or feeling a threat to your safety. The fact is that you interpreted a situation where one of your needs may not have been met the way **YOU** wanted it to be met and then created the story that sticks with you for life.

As I shared above, as children we have needs, from basic such as survival (food, shelter) to more complicated emotional needs (love, feeling validated in our existence). *It's the unmet emotional needs that lead to internalised feelings of lack of worthiness or feelings of being unlovable.*

Ultimately we all desire to be seen, heard and appreciated for who we are. When any one of those is negated in childhood we create stories and beliefs around what we experienced that simply aren't true.

For example, I really wanted the emotional attention of my dad when I was nine. I wanted him to hug me and tell me how proud of me he was. When that didn't happen, I internalised that I had to do better, be better, in order for him to be proud of me, leading to me creating a story that I am not good enough as I am.

Another example: You could be two years old, not having language formed properly, sitting in your high chair at the table, screaming your head off, wanting the attention of your mum who is busy preparing food for you (unknown to you). She doesn't come for another ten minutes during which you created a story for yourself that you don't deserve love.

Yes, it really can be as simple as that.

I'm going to point out this isn't your parents' fault. I didn't write this so you get to blame your parents for the way you are. That's not personal empowerment. Forgive them, they were doing the best they knew how with all their stories and beliefs playing out in their heads.

Playwork: Forgive your parents

Close your eyes, think of your mum (or one of your primary caregivers) and repeat this: I'm sorry, please forgive me, I thank you, I love you.

Now do the same for your dad (or one of your other primary caregivers).

Great! We have stopped the external blame and now we can go back to empowering ourselves. I'm a big believer in integrating the unmet emotional needs from our inner child in adulthood so that they stop causing reactive patterns of self-sabotage. In order to integrate the unmet emotional needs we need to a) find out what they are and b) welcome them with so much love.

Finding Out Your Unmet Emotional Needs From Childhood

Looking back over the limiting beliefs you journalled from Chapter 1, I want you to spend some time going back to your childhood and remembering experiences and events that created the same feelings of not being safe, not being okay, feeling ashamed for being you, etc.

It's time for that flower petal lavender bath bomb self-care activity again. Or if baths aren't your thing, perhaps a long walk in nature with your dog, or quietly sipping your coffee in the early hours of the morning when you have time and space to be you and think.

This journalling question may take more than just a few minutes to think about. It's asking you to go into your past; it may be scary, you may have blocked it out.

I'm asking you to be gentle with yourself as you slowly pry open each petal lovingly.

journaling question

What happened in my childhood that I started to believe these limiting beliefs?

You may have a list looking something like this:

Desire: To post whatever I want on Instagram/Facebook

Belief: No one will listen to what I have to say, I'll be rejected

Childhood experience: At one of my parents' home parties I wanted to sing my favourite song and my parents weren't having any of it and told me to go and play in my room alone. I felt rejected and spent the rest of the evening in my room feeling lonely.

Keep going down your list of desires and beliefs, adding on the childhood experience and if you remember the age you were as well. What you'll end up with is a clearer idea of where these silly stories you tell yourself came from.

It's also okay if you don't remember. Be kind to yourself. Tell yourself you'll remember when the time is right and move on to the next one; we are staying away from the self-hate here.

This list you just created will show you what your childhood emotional needs were. Maybe you really wanted to be listened to. Maybe you wanted hugs from your parents. Maybe you wanted to hear the words "I'm so proud of you". **Whatever you wanted was and is still valid.**

Let's give your little girl exactly what she wanted, okay?

It's time to go and download my inner child meditation #1. It's 15 minutes long and you are going to be welcoming in all your inner children (the you from baby up to teenager) and giving them all so much love.

Playwork: Do the inner child meditation #1

You can find the Playwork here:

www.norawendel.com/confidentsexyfree

After doing the inner child meditation #1, I suggest journalling what came up and practising some self-care (bath, walk, tea, book, whatever makes you come back to yourself). You may have bawled your eyes out (I did the first time!) or you may have felt resistance to doing this. It's all okay. You can revisit this inner child

meditation at any time in your life; your inner child at whatever age will never say no to being loved by you! Inner child meditation #1 is the first stage of integrating the unmet emotional needs of your little girl. It's about welcoming her in all her stages of development.

If this is the first time you have done any inner child playwork, meditation #1 will be a powerful experience; make sure you allow full integration of what you just went through before moving on to the next meditation. I usually suggest a few days (three or more) of practising loving all your inner children in all the ages.

If you have done inner child playwork before then you can move directly on to meditation #2 the following day.

Keep watering yourself

You're growing

-E.Russel

Inner child meditation #2

Inner child meditation #2 goes deeper and asks you to call forth *one* of your inner children at a specific age (you get to decide which age and any age you bring forth is the perfect age). This is the inner child that is most needy, that feels the most unloved, that feels the most unworthy. Perhaps there is a certain age where something traumatic happened (maybe your parents divorced, there was a death or you were bullied at school) and that experience and ‘bad feelings’ have stuck with you since then.

Do inner child meditation #2 and as you call forth your inner child, specifically give her what she most wanted at that time (reassurance, love, words of appreciation, physical touch in the form of hugs). Don’t hold back, this is how you are going to re-parent your inner child and stop her from being needy and causing self-sabotage and other emotional temper tantrums in your adult life.

Playwork: Do inner child meditation #2

You can find the Playwork here:

www.norawendel.com/confidentsexyfree

Journal after doing inner child meditation #2; journalling is a beautiful way to get out of your head and release stored emotions and feelings that aren’t serving you.

And breathe.

These two meditations on loving up my inner child were such a big healing in my need for validation and love. I celebrate you and am so proud of you for doing this here with me.

It doesn't stop there. You can integrate inner child loving into your everyday life. I talk to my inner child daily. *I tell her how much I love her, how proud I am of her, how I am always here for her, that she can tell me anything, that we get to be best friends, that I will never leave her.*

Just writing this brings such softness to my being because I mean it. I will never leave myself, it's my promise to myself. My little Nora wants to hear that every day. She wants to be seen, heard and appreciated and I give it to her daily so she doesn't have to throw her emotional temper tantrums anymore. I suggest you do the same. Love her up on the daily and just feel how it softens up your self-love.

Understanding Your Core Wounds

Your core wound is the one biggest story you tell yourself every single day (based on a childhood internalised unmet emotional need) that rules your adult life. We have many stories and beliefs yet there is always ONE (sometimes two) that are on repeat, whether we realise it or not.

Mine is: *I am not worthy of being loved.*

And it stemmed from me ‘thinking’ I had to prove myself to get my dad’s love—totally not true, and yet I believed that. It shows up in my life as feeling not worthy to get new clients or as feeling like I need to prove how awesome I am in my love relationships ...

This is also when I notice my self-sabotage pop up; I’m highly aware of me wanting to be validated with love so I can feel my worth. In a relationship I can see when I’m ‘trying’ to be ultra-loving and doting so I can get the love back. I then stop and catch myself. I talk to my inner child and tell her how much I love her and how she doesn’t need the love from anyone else.

By knowing you inner child’s unmet emotional needs, you can catch yourself as an adult playing out that emotional temper tantrum and then with the awareness, take a step back, calmly talk to your inner child, send her love, and tell her you can handle this situation, take a breath, and then take action as is needed, as a calm and collected adult. The opposite would be a quick emotional reaction stemming from that unstable, needy, emotional child.

Catching yourself out like this feels like serious adulting; it takes practice, and the more you do it the easier it gets. Here are the journalling questions to

become aware of and catch yourself playing out your biggest core wound (aka lie) about yourself.

journaling questions

What is my biggest core wound?

How is it affecting my life?

How would my life be different if I didn't believe that?

What came up? Have you ever thought about this before? I didn't and when I did this exercise and saw how I felt unworthy to be loved, I also saw how silly it was!

Let's move on to understanding how to stop the self-sabotage and yes, it has to do with your inner child.

Understanding Self-Sabotage

Self-sabotage is a behaviour or action that you do (consciously or unconsciously) that interferes with you achieving your desires or goals.

Let me tell you, we all self-sabotage, no need to feel shameful or guilty. Self-sabotage can look any number of ways: from procrastination, to overeating, to numbing yourself out, to not doing your finances, to always wearing the same clothes.

Self-sabotage is linked to your beliefs and stories of who you think you can or cannot be. It's these underlying beliefs (which we uncovered in Chapter 1) that give the fuel to your self-sabotage, and where do the beliefs come from? You guessed it, the theme of this chapter: childhood.

It's time to get clear on your own sabotaging patterns by journalling on them. Again, this isn't a single-use journalling question. Our sabotages can change according to our desires or goals and change as we grow too!

journalling question

What are my obvious self-sabotaging patterns?

Self-sabotage isn't bad, it's simply the brain thinking it's not safe to proceed forward, so all panic buttons get hit and you retreat back into what you know as comfortable or good. I like to have fun with myself when I recognise my self-sabotage. Here's how I do it: I catch

myself out, I look at what my underlying fear or belief may be that is causing me to sabotage, I tell myself that it is safe to proceed while loving up my inner child, and then I make a commitment to move forward anyway, all with self-compassion and kindness.

Here's my formula:

Four-Step Self-Sabotage Stopper

- 1. Catch your self-sabotage**
- 2. Tell yourself you are safe and can move forward whilst loving your inner child**
- 3. Look at an underlying belief or fear that may be causing the sabotage**
- 4. Move forward with kindness and compassion towards yourself**

Use this formula whenever you feel stuck, frustrated and not moving forward when you know you should totally be rocking your goals. Listen, love, nothing is going to work if you don't do the (play)work. Think of it as fun; you are so much more likely to do fun things than 'work' things, right? Hence, all the inner work is called playwork in my book.

Grateful for where I'm at.

Excited about where I'm going.

You Got You

Inner children, core wounds and self-sabotage make up a huge part of who we are and how we show up or don't show up. From reading this chapter you can see how giving attention to your inner child allows her to feel the validation she so craved, freeing her up from causing disruptive patterns of behaviour in your adult life. Similarly, understanding your core wound allows you to empower yourself and not fall into self-deprecating behaviours and instead act from a place of 'I got this'. Knowing how you are sabotaging your own success will only lead you to be even more successful.

Big love!

We covered the groundwork of why we are believing and acting the way we do. "Onwards," as Elizabeth Gilbert always says; there is more fun to be had in becoming that confident, sexy and wildly free version of you. In the next chapter I'm going to be breaking down why I dislike the term self-love and how you go from feeling self-hate to *loving yourself up in all the ways*.

And if I asked you to name all the things you love, how long would it take for you to name yourself?



chapter 3

loving yourself

This chapter is all about learning to love yourself, from loving who you are right now, to who you were up until this moment. Self forgiveness plays a big part here.

I'm going to start this chapter with a bold claim that the foundational NEED of all humans is to feel loved. We are constantly seeking love from the moment we are born to the moment we die. It is the underlying current of human existence.

Who is the man I will marry (to feel loved) ...
What is my tribe going to be like (so I can feel loved) ...
Clothes, behaviour, actions, FB posts, it all leads to wanting to feel loved.

Your soul is crying out, *“Am I loved? Somebody, please love me!”*

This soul yearning for love feels even more potent when you weren't given the love you a) deserved and b) longed for as a child. You saw this clearly in Chapter 2.

Understanding that you want to be loved will show you how you are messing up getting that love in your life



right now. Look at your life and see how the theme of wanting love is showing up in your life.

Here are some examples to get you thinking:

Neediness? Wanting to be loved.

Brashness? Wanting to be loved.

People pleasing? Wanting to be loved.

Fear of rejection? Wanting to be loved.

Abandonment issues? Wanting to be loved.

Can't share your voice? Wanting to be loved.

Everything we do is because deep down we want to be loved. We think we have to be different, *'like her'* to be loved—skinnier, fatter, longer hair, make more money, have the man with the business... Those aren't empowering thoughts; you get to decide that you are lovable. If you had some experiences in your childhood that made you internalise you weren't lovable, it's probably still there right now and showing up as:

That client didn't sign on to my program; I'm not lovable.

That man didn't return my text; I'm not lovable.

No one is commenting on my post; I'm not lovable.

We really do think like that and can you see how silly it is AND at the same time how valid your feelings are?

Send your inner child some love right now: *“I know you want to be loved, I’ll love you!”*

A phrase I started to say to myself over and over again, and I got this from Marissa Peer, is “I am lovable.” When I first heard her speak about how the majority of us don’t love ourselves or yearn to be loved yet believe we aren’t lovable, I felt whole body tingles (my sign of the universe going YES). I immediately starting saying to myself:

“I am lovable.
I am lovable.
I AM LOVABLE.
I am MF lovable.
Of course I am lovable.
I am amazing.
I am so lovable.
I rock.
I attract love into my life.
I AM LOVABLLLLLEEEEEEE.”

Yep, pretty much like that, getting more and more excited over the fact that yes, indeed, I am lovable.

Playwork: Start saying “I am lovable” over and over to yourself every day. Write it on Post-it Notes on your mirror. Stick it on your car steering wheel. Save it as a screensaver on your

phone. Get it into your head that YOU ARE LOVABLE!

Hashtag #confidentsexyfree and share your “I am lovable” post it notes on Instagram to inspire your followers to love themselves too.

That feels like I went on a bit of a rant there, phew. I’m highly passionate about this because believing you are lovable is the same as believing you are worthy.

Now that I have got you into a state of excitement at the possibility of being lovable and welcoming more love into your life, I want to look at how your need for love is being met in either a healthy or unhealthy way. It’s time to whip out your journal and put pen to paper.

journaling questions

How is my need for love showing up in my life?

What are my patterns around getting love?

How do I feel loved?

Some examples: *You may be constantly seeking validation through your posts on Facebook. The energy behind them is look at me, validate me, tell me how amazing I am because I can't see that for myself.*

Or

You may be a chronic people pleaser, saying yes to clients that you know won't work for you, not being able to hold your boundaries around your family and saying yes to doing things for friends even though you really don't want to. You say yes because you fear that if you say no, they'll turn on you and hate you or push you out of their lives.

Your turn to take a look at how the need to be loved is making you behave in ways that you actually don't want to. Think back to that question in Chapter 1: who do you want to be? Reflect if that confident, sexy and wildly free version of yourself acts out of neediness in terms of love.

You may have recognised some silly love self-sabotage patterns through the above journalling playwork and you are ready to change those and ask, "How?"

How do you go about knowing you want love and to actually feeling loved?

The answer lies in tuning into your feelings, getting clear on **how you feel loved** and then not being afraid to ask for it!

If you want to know more about learning how you feel loved then I highly recommend the book *The Five Love Languages* by Gary Chapman; you can even do a quiz on his website. According to Chapman there are five primary love languages, the way that you understand love: physical touch, acts of service, quality time, gifts and affirmations. We generally have two love languages that when someone does this towards us we **FEEL** the love. Mine are gifts and affirmations, it's also the two that I give out the most to others (a clue to what yours might be, what do you do for others all the time? If you want more clarity do the quiz!).

I very clearly can see in my life when I feel lacking in love—I feel lonely, I feel like none of my friends want to hang out with me, I feel small and shy when I go out to social events. That's not me! I then ask myself what I need; maybe it's a message from a friend (gifts, meaning that idea that someone thought of me is my top love language), or maybe it's asking a friend to directly tell

me how much they appreciate me in their life. I ask for what I need in terms of feeling appreciated and loved and therefore my need gets satisfied and I don't have to act in manipulative ways (self-manipulative too!).

These questions will start to get you thinking about the role that love plays in your life. Love is the foundation of life so having a clear idea of a) where you feel lacking in love b) what childhood experience had you feeling that way (this was Chapter 2 work) c) how the neediness for love is showing up in your life and d) giving yourself permission to ask for your love needs will all empower you to show up for yourself more in life.

I had to share all this about love first before I talk about self-love, as lack of self-love is in itself just you trying to get love (by a dark and twisted way of punishing yourself).

be patient
with
yourself.

02. 3. 20

Loving Yourself Up Aka Self-Love-Appreciation

What is self-love? It's such a big term that's casually thrown around online these days and it makes me roll my eyes. My clients always tell me, "I get the whole *idea* of self-love, and yet I don't feel it. *HOW* do I start to feel it?"

That's what this part of the book is about: learning to embody that feeling of "*Wow, I love ME so much, more of ME please!*"

I personally don't resonate with the term self-love, I prefer to use the term *self-appreciation*. It feels more digestible and hints to *HOW* you can bring that embodied feeling of loving yourself into your life. The word itself, *appreciate*, means to rise up, to increase. When I talk about self-appreciation I'm talking about appreciating (giving gratitude) to who I am and what I do, no matter what. That's the important bit, appreciating every bit of me, the me that is right here, right now.

During my chronic anxiety days I was deeply intertwined in loathing myself for having anxiety and for not being 'normal' (with 'normal' being those confident, sexy and free women I saw everywhere). The self-hating felt like I was constantly picking at a festering wound, causing

me more pain and yet I couldn't stop myself from picking at it.

It's a touchy topic because so many women go through self-hate which is nothing more than an underlying lack of self-worth. Self-hate can be compared to an inner bully; no matter what you do, you constantly criticise yourself, put yourself down and feel shitty about who you are.

I used to bully myself for not looking like I wanted to look. I used to bully myself for not being smarter. I used to bully myself for not feeling secure about money. I used to bully myself for not going to yoga more. I could add to my list of 'faults' daily.

I'm not going to ask you to list your 'faults' as I am sure you can spin them off right away without needing a journalling question. I will, however, teach you how to turn the self-hate into self-compassion.

Let me tell you a story. I was living in New Delhi, India when I had my second bout of severe anxiety around four to five years after my first panic attack in London. I decided to leave New Delhi and fly to Goa (further south in India) to be around my dad for a few months and of course be supported in my mini life crisis. It was there I did some counselling with a beautiful woman named Akash Dharmaraj (sending her so much love as she passed onwards this year). We were ending our

current pre-paid sessions and I wanted to continue working with her; the thing was, I didn't feel confident enough going to the ATM to withdraw money that I needed to pay her with. I felt stuck; I remember crying with such fear that I would have to go to the ATM alone on my scooter and that I would feel so anxious that I would bring on another panic attack. Akash looked at me and asked me why I didn't ask for help to go to the ATM. "What do you mean?" I asked back. "Why don't you ask your taxi driver to come to the ATM with you?" she said. "I can't do that", I thought to myself, "what would he think?" I struggled back and forth in my head whilst Akash just watched me. "You can do it," she said to me after seeing my internal conflict battle it out in my head.

The next day I asked my taxi driver to come with me to the ATM which was located inside the bank about a 20-minute drive away from where I was staying. Of course he didn't mind, he was getting paid to do it! I got the cash out and handed it to Akash the next session we had. I felt so proud. I did it! I always remember this as a lesson that I can ask for help, I don't need to stay in my own suffering silence as I was often doing during my big bouts of anxiety. I didn't have to be so hard on myself.

Another lesson Akash taught me was self-compassion. I had a hard time leaving my 'safety' comfort zone without feeling anxious and panicky. She told me to

just take one step outside my house, then return if I felt too uncomfortable, praising myself that I actually went outside! The next day I could walk down the street a little further before returning to the safety of my home. Again praising my progress (instead of berating myself for not doing more).

I used this self-compassion technique when I lived in Cape Town with my then partner; this was about six months after getting counselling with Akash. I still had anxiety. It was a new city, a new country where on top of my low level anxiety (which was totally linked to lack of self-worth and purpose), crime was at forefront of everyone's mind as this was South Africa. We were living in an apartment in the good area of town and I wanted to go to the coffee shop down the street to do some work (I was a graphic/website designer in those days). I was tormented inside; I felt anxious, I couldn't go, fear was stopping me, yet I was dying to get outside. The internal conflict was eating at me. I packed my bags and left the apartment, went to the gate and freaked out and went back inside. The negative self-talk spiralled out of control and I felt so miserable until my partner came home.

The next day I had the same feelings of frustration. This time I managed to get halfway down the street before freaking out. Back inside the apartment I decided to be kinder to myself, telling myself, "Look how far you got, well done! We can try again tomorrow." The next day I

managed to get to the cafe, sit down, order, then freak out and leave. Day by day over a few weeks I finally managed to sit at that cafe and not run away with the anxiety tearing at me. I was so proud of myself!

If I would have allowed my negative self-talk to continue I would have ended up a sobbing mess. That wouldn't have gotten me to the cafe at all. I had the self-compassion to keep trying (I wanted to get out of that apartment so bad!) until I reached my goal.

I've kept this high level of self-compassion from then on. I know the power self-compassion gives to feeling worthy. It's like a mini pep talk: *"You got this, you are amazing, you can do anything, don't worry, if it doesn't work now, it will work later, you rock, you're rocking your life, look at you go ..."*

I want you to start talking to yourself like this. You can copy these words down in your journal and read them out loud to yourself every morning and every night.

Playwork: Start talking to yourself like your own best friend, encouraging and empowering

If you want some inspiration on what to say you can download the PDF for self-compassion from the resource library online. [www.norawendel.com/confidentsexyfree]

**be such
a beautiful soul
that people crave
your vibes**

Remember, a magnetic woman is a woman who is empowered and empowers others. She doesn't talk herself down all the time. Be careful of how you talk to yourself. It matters.

To make sure you really understand what self-love is when you hear others talk about it I want you to include all the terms below in your definition of self-love:

Self-appreciation

Self-compassion

Self-kindness

Self-care

Self-attention

Self-love is you being your own best friend. It's you being kind to yourself, no matter what. Journal on these questions below to understand how you can change the behaviour towards yourself into more open-hearted loving.

journaling questions

How can I be kinder to myself?

What can I start saying to myself with compassion?

Self-love is really about lathering yourself up in love and stopping the inner bully. A great way to stop the inner bully is to write down what you appreciate about yourself. I do this daily. As a playwork I'm going to get you to double down and write down 50, yes 50!, things you appreciate about yourself.

They don't all have to be huge things; they can be like "I appreciate my body for keeping me alive" or "I appreciate the way I can talk about my feelings so openly." You can also include the little things (you can include whatever you appreciate about yourself!) such as "I appreciate my smile" or "I appreciate the time I give myself to journal every day" or "I appreciate I got out of bed this morning."

Fifty things, love, challenge yourself!

journaling question

What are 50 things you appreciate about yourself? Finish this sentence in your journal: "I appreciate _____ about myself" or "I appreciate that I _____"

If you want to continue this self-appreciation practice daily, then you can write down three things you appreciate about yourself every morning/evening.

I consider this different to gratitude as more often than not when we practise gratitude it's external and outward. We don't often include ourselves. However, when I say appreciate yourself, it's all about you and how awesome you truly are! Yes, even the little things you do are awesome.

~

Self-appreciation isn't the only practice I do to cultivate more 'I am awesome!' vibes. I also practise self-forgiveness and EFT tapping. You may be reading this and still don't feel a shift in your self-hate; that's okay, it takes practice, it's an art. Keep up the positive self-talk, use my PDF as a script and just read off it. Try the 50 things self-appreciation playwork as well as these next two practices. You got this! I believe in you.

Self-forgiveness is just like the forgiveness we did for our parents (or primary caretakers) in Chapter 2; this time it's just directed back at you.

Playwork: Write a list of all the regrets or mistakes you think you have made in your life. It's time to forgive yourself for them!

Once you have your list, simply read out the Ho'oponopono forgiveness mantra: *I'm sorry, please forgive me, I thank you, I love you.*

Then cross off that incident on your list and from your life! Sometimes you have to do it more than once; that's okay too!

Remember when you wanted what you currently have?

B *I* U @

Send to Self

The whole idea is to cultivate that internal muscle of self-compassion. Those mistakes you made (or think they were mistakes) were probably because you wanted to keep yourself safe and protected at that time (remember the brain functions from Chapter 1?). There are never mistakes or failures, just opportunities to continuously navigate towards how you want to feel; more on that in Chapter 5.

Want to feel even more self-compassion? Do Ho'oponopono forgiveness whilst doing EFT tapping. When I do this I feel the intensity of the compassion increase and at the end of the tapping I feel GREAT and feeling great is how I want to live my life, don't you?

EFT stands for Emotional Freedom Technique (also called tapping) and it's a healing tool that works by tapping on certain meridian points on the body to release blocked energy and emotions. I first used it just after my panic attack in London and it helped me get back onto the buses in London (imagine walking everywhere, it took ages and was impractical in winter with loads of bags).

I made you a selection of tapping videos that you can follow along. Do the tapping for self-forgiveness first. I want you to notice the shift in your energy as you do the tapping. You can download the video and keep it on your phone for easy access.

Playwork: Do the EFT tapping video for self-forgiveness

Find the video here: www.norawendel.com/confidentsexyfree

Doing EFT is one of my favourite ways to shift energy quickly (along with NLP). I tap daily on whatever issue I have in my life. I always notice myself feeling better after a session of tapping. I don't do it at home exclusively; I tap on my beach walk, I tap when I sit in a cafe, I tap in aeroplanes.

Tap tap tap.

Forgive forgive forgive.

You can always be kinder to yourself, you can always forgive yourself, you can always find more ways to love yourself up. Catch your negative Nancy giving you a speech and butter her up as well! Make the choice right now to only talk beautiful, opening, expansive things about yourself. It works.

Learning to be kind to yourself is a big part of owning your worth. You can't believe you are the 'hot shit' (with the biggest heart) and not actually love who you are deep down. That deep self-appreciation is what oozes radiance in women; it makes men attracted to you for when you love yourself you are sending out the vibrations of love. Love attracts more love and isn't love what we truly desire?

~

I'm checking in with you, how are you feeling? Are things shifting within you? We've unravelled a whole bunch of deep stuff already in Chapters 1 – 3. From limiting beliefs, to how your inner child just wants to be appreciated, to learning how to start accepting more of who you are through self-appreciation and self-forgiveness.

If you have any questions you can always send me a DM on Instagram with a voice note or video. You can find me here: @norawendel

Oh, I can't wait to share with you more about welcoming in your womanhood in Chapter 4 because if you want to be a confident, sexy and wildly free woman, you have to understand what being a woman means and how femininity plays such a big role in calling that ease, grace and flow into your life.

FEMME
FIERCE
FIGHTER.

