

UNLOCK YOUR DREAM BODY: 3 HIDDEN BLOCKS HOLDING YOU BACK -



BY THE POWERFUL WOMAN ACADEMY

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THIS GUIDE

IS FOR YOU IF?

**YOU LACK DIRECTION AND
SELF-BELIEF**

**SET HEALTH GOALS, START
THEM AND GIVE UP HALF
WAY**

**LACK BODY CONFIDENCE
AND SELF LOVE**

**FIND WORKING ON
YOURSELF 'TOO HARD'**

**YOU CONTINUOUSLY SET
GOALS AND DON'T MAKE AN
ACTION PLAN TO SUIT**

**YOU GET STUCK EASILY
WHEN IT COMES TO
FOCUSING ON YOURSELF**

**YOU WANT TO IMPROVE BODY
CONFIDENCE BUT DON'T
KNOW WHERE TO START**

**BECAUSE PRIORITISING 'YOU'
IS SCARY**



INTRODUCTION

WELL DONE! CONGRATULATIONS ON OPENING THIS GUIDE, THIS IS THE FIRST STEP OF MANY, IN WHICH YOU WILL LEARN TO TAKE ACTION ON YOUR GOALS.

YOUR ABILITY TO ACT IS THE SINGLE, MOST GREATEST ASSET YOU CAN DO FOR YOURSELF TO SUCCEED.

IT IS PARAMOUNT THAT WHEN SETTING GOALS FOR YOURSELF, ESPECIALLY IN RELATION TO YOURSELF, THAT YOU HAVE AN ACTION PLAN BEHIND THEM. FOR IF THERE IS NO STRATEGY PLAN, THERE IS NO ACCOUNTABILITY OR STRUCTURED GUARANTEED PATH TO SUCCESS REGARDING YOUR GOALS, IN THIS CASE, CREATING BODY CONFIDENCE THAT LASTS.

A LOT OF WOMEN TEND TO FALL SHORT WHEN IT COMES TO THE ACTION SIDE OF FOCUSING ON OUR BODY CONFIDENCE AS MOST OF THE TIME THEY ARE ABLE TO IDENTIFY AND UNDERSTAND THEIR END DESIRE AND WHAT THE OUTCOME LOOKS AND FEELS LIKE, BUT FAIL TO EXECUTE THE ACTION PLAN TO GET THERE.

WITHIN THE POWERFUL WOMAN ACADEMY I SUPPLY THE PLAN OF ACTION AND STRATEGY TO GET YOU FROM A TO B, A PLAN OF ACTION MUST INCLUDE BEING AWARE OF THE HABITS, VALUES, SKILLS AND EDUCATION YOU NEED IN ORDER TO ASSIST IN HEALING YOUR BODY IMAGE TO CREATE BODY CONFIDENCE. HOWEVER WITH THIS.... THERE NEEDS TO BE A SUSTAINABLE ELEMENT THAT KEEPS YOU CONSISTENT WITH SAID GOAL, AND THAT IS WHAT I AM HERE TO TEACH YOU ABOUT TODAY.

WE WILL BE GOING THROUGH THE 3 EASY STEPS TO CREATING LASTING BODY CONFIDENCE -

1. COURAGE 2. COMMITMENT 3. CONSISTENCY.



STEP 1 -

COURAGE

IT TAKES GREAT COURAGE TO ACT ON PRIORITISING YOURSELF, AS IT SHINES A LIGHT UPON YOUR FOCUS ON PERSONAL GROWTH AND BELIEF THAT YOU WANT AND DESERVE MORE, KNOWING THAT NO MATTER THE JOURNEY, YOU HAVE THE COURAGE TO START AND THE BRAVERY TO FACE WHAT WILL MAKE OF IT.

AS THEY SAY, ANYTHING WORTH HAVING DOESN'T COME EASY, AND FOR YOUR BODY CONFIDENCE AND WELL BEING, AND ANY GOALS FOR THAT MATTER, IT MAY NOT BE A WALK IN THE PARK BUT A CONTINUOUS STRIVE THAT WILL BE WORTH IT BECAUSE YOU WILL KNOW WHY IT CAN BENEFIT YOU AND THE QUALITY OF YOUR LIFE.

SO WHY COURAGE? OF COURSE ANYONE CAN HAVE A GOAL AND STRIVE FOR IT, BUT THE MOMENT IT GETS TOO TOUGH, MOST OFTEN THEN NOT THERE IS A SUDDEN URGE TO QUIT, AS ACHIEVING A GOAL ISN'T JUST ABOUT WANTING TO DO SOMETHING NEW, OR HAVING SOMETHING NEW, IT IS ABOUT HAVING THE WILLINGNESS TO CHANGE, THE WILLINGNESS TO BE COURAGEOUS AND BENEFIT YOURSELF, GROW, EVOLVE AND IMPROVE THE QUALITY OF ONE'S LIFE.

BUT WHY CAN THIS BE DIFFICULT SOMETIMES? MAYBE THERE IS A LACK OF SELF-BELIEF, A LACK OF KNOWLEDGE ON HOW TO IMPROVE YOUR BODY CONFIDENCE? MAYBE YOU FEEL UNMOTIVATED AND LACK DIRECTION OR YOU FEEL SO STUCK THAT NOTHING IS GIVING YOU HOPE RIGHT NOW.... I GET IT, BUT WHATEVER THE FEELING MAY BE, WE ARE CREATURES OF HABIT, THEREFORE CHANGE IS UNCOMFORTABLE, WE DISLIKE THE STRUGGLE THAT IS RELATED TO IT.

OUR BRAINS THRIVE OFF OF SAFETY, THE FEELING OF CERTAINTY AND FAMILIARITY. IT IS A PATTERN THAT OUR BRAINS CAN RECOGNISE TO HAVE ASSURANCE OF WHAT IS TO EXPECT.



STEP 1 -

COURAGE

WHEN IT COMES TO WANTING TO IMPROVE YOUR BODY CONFIDENCE AND WELL-BEING FOR THE LONG HAUL, YOU NEED TO HAVE THE WILLINGNESS AND ACCEPTANCE TO CHANGE TO GET WHERE YOU WANT TO BE.

SO TO HAVE COURAGE IS TO HAVE THE WILLINGNESS TO CHANGE, TO BENEFIT YOURSELF IN THE LONG RUN. LET'S JUMP INTO WHAT, HAVING THE WILLINGNESS TO CHANGE, ACTUALLY LOOKS LIKE AND HOW WE CAN DO EXACTLY THAT.

IN ORDER TO CHANGE WE NEED TO DO SOME BACKGROUND WORK AND UNDERSTAND OUR WILLINGNESS TO CHANGE; THE ROOT OF THE PROBLEM, AND THE REASON, OUR WHY TO WANT TO CHANGE.

WHAT IS YOUR WILLINGNESS TO CHANGE, WHAT IS THE WHY BEHIND HEALING YOUR BODY IMAGE TO BUILD BODY CONFIDENCE!

FOLLOW THE 5 WHY STEP GUIDE INTO REDIRECTING YOUR FOCUS ON YOUR GOAL, THE MOTIVATOR THAT WILL HELP YOU STRIVE EVEN THROUGH THE TOUGH PARTS BY ASKING YOURSELF THE FOLLOWING QUESTIONS.

- WHY DO I WANT BODY CONFIDENCE?
- WHY WILL IT MATTER TO ME IF I DO NOT HAVE BODY CONFIDENCE, HOW WILL I FEEL?
- WHY IS IT SO IMPORTANT TO ME TO ACHIEVE THIS?
- WHY IS [ANSWER TO NUMBER 3] SO IMPORTANT THEN?
- WHY IS [ANSWER TO NUMBER 4] SO IMPORTANT TO ME?



STEP 1 -

COURAGE

ONCE YOU CAN RECOGNISE THE IMPORTANCE AND VALUE IN BUILDING BODY CONFIDENCE, YOU WILL ALWAYS HAVE A PURPOSE TO DRAW BACK ON, REMIND YOURSELF, AND HAVE THE ABILITY TO REDIRECT FOCUS WHEN NEEDED ALONG THE WAY.

I CAN TEACH YOU THE APPLICATION IN WHICH IS A SUCCESSFUL ROAD MAP TO TAKING ACTION ON HEALING YOUR BODY IMAGE AND BUILDING BODY CONFIDENCE, BUT YOU MUST TAKE RESPONSIBILITY ON APPLYING THAT ACTION, YOU ARE THE ONE THAT HAS TO DO THE WORK. BY REMINDING YOURSELF OF THIS WHY, YOUR REASON FOR PURSUING YOUR GOAL, YOU WILL BE ABLE TO USE THIS MOTIVATION AS A TOOL TO STAYING ON TRACK AND KEEPING ACCOUNTABLE TO BUILDING YOUR BODY CONFIDENCE AND ANY GOALS MOVING FORWARDS.

NOW YOU KNOW YOUR WHY, THERE MAY BE A FEW MORE ROADBLOCKS IN YOUR WAY THAT WILL ALTER YOUR ABILITY TO HAVE COURAGE TO ACT ON IMPROVING YOUR BODY CONFIDENCE.

MOST PEOPLE WANT THE 'QUICK FIX' THE 'NEED THIS NOW' THOUGHT PROCESS. IT IS ALL WELL AND GOOD TO KNOW THE OUTCOME YOU ARE AFTER, BUT IF YOU HAVEN'T IDENTIFIED THE SOURCE OF THE PROBLEM AND HOW TO CHANGE THAT PATHWAY IN WHICH WE GO DOWN TO FALL IN LOVE WITH YOUR BODY, THEN HOW DO YOU EXPECT CHANGE TO COME SO EASILY? AS I SAID IT ISN'T ALWAYS A WALK IN THE PARK, HOWEVER IT IS THE PATHWAY IN WHICH CREATES SUSTAINABILITY, THE LASTING BODY CONFIDENCE YOU WANT TO KEEP.

WHEN IT COMES TO CREATING CHANGE, ONE OF THE BIGGEST LIMITING FACTORS THAT IS ASSOCIATED WITH CHANGE IS OUR BELIEF SYSTEM. TO CREATE ANY FORM OF CHANGE, WE FIRST NEED TO REWIRE OUR THOUGHTS AND BELIEFS TO ALIGN WITH OUR INTENTIONS, THE FIRST STEP PRIOR TO TAKING ACTION.



STEP 1 -

COURAGE

BELIEFS DETERMINE THE THINGS IN WHICH WE WILL OR WON'T DO. THEY DICTATE OUR GOALS, THE INTENTIONS WE SET AND MOST IMPORTANTLY, THE WAY IN WHICH WE GO ABOUT ACHIEVING THOSE GOALS. DID YOU KNOW YOUR BELIEFS INFLUENCE UP TO 95% OF YOUR CHANGES TOWARDS ACHIEVING YOUR GOALS? THIS IS BECAUSE OUR BELIEFS FORM THE FOUNDATION OF YOUR SELF-CONCEPT, MEANING HOW WE VIEW OURSELVES IN RELATION TO THE WORLD AROUND YOU.

THIS NEXT STEP IN UNDERSTANDING THE IMPORTANCE OF COURAGE WHEN IT COMES TO ACHIEVING LASTING RESULTS IS RECOGNISING THE CONNECTION BETWEEN YOUR CURRENT THOUGHTS AND BELIEFS REGARDING YOUR BODY CONFIDENCE AND HOW THEY IMPACT OUR EMOTIONS AND FEELINGS, AS EMOTIONS AND FEELINGS ARE WHAT DICTATE OUR TYPE OF BEHAVIORS. WHAT HAPPENS WHEN YOU PERFORM A SET OF BEHAVIOURS ON A CONSISTENT BASIS? YOU CREATE RESULTS.

ANALYSING THE FOLLOWING IN YOUR JOURNAL IS A SURE FIRE WAY TO SETTING YOURSELF UP, NOT ONLY FOR SUCCESS BUT FOR LASTING RESULTS, THE MORE SPECIFIC YOU ARE THE BETTER.

- WHAT BELIEFS/THOUGHT PATTERNS DO YOU CURRENTLY HAVE THAT ARE UNSUPPORTIVE OF YOUR BODY CONFIDENCE?
- WHAT BELIEFS/THOUGHT PATTERNS DO YOU NEED THAT ARE SUPPORTIVE OF BUILDING YOUR BODY CONFIDENCE?
- WHAT EMOTIONS/FEELINGS WILL SUPPORT BUILDING YOUR BODY CONFIDENCE? I.E DO YOU WANT TO FEEL HAPPY, IN CONTROL, ENERGETIC, FREE, PROUD ETC.
- WHAT CURRENT BEHAVIORS AND DAILY HABITS ARE NOT SUPPORTIVE OF YOUR BODY CONFIDENCE?
- WHAT BEHAVIORS AND DAILY HABITS DO YOU NEED TO SUPPORT YOUR BODY CONFIDENCE ON A DAILY/WEEKLY BASIS?



STEP 2 -

COMMITMENT

WHEN IT COMES TO TAKING ACTION, THERE IS A LEVEL OF COMMITMENT NEEDED FOR SUCCESS, AS THE INITIAL INTENTION OF HEALING YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE IS TO BE SUCCESSFUL AND ACHIEVE THE DESIRED RESULTS RIGHT? SO WE FIRST MUST UNDERSTAND EXACTLY **WHAT** THAT COMMITMENT SPECIFICALLY LOOKS LIKE. **WHO** DO YOU NEED TO BE IN ORDER TO FEEL BODY CONFIDENT? WHAT SKILLS, TRAITS, HABITS AND KNOWLEDGE DO YOU NEED TO HAVE TO ACQUIRE TO BE BODY CONFIDENT? **WHEN** DO YOU WANT TO FEEL BODY CONFIDENT BY, HAVE YOU SET YOURSELF A TIMELINE?

LET'S START WITH WHO, WHO DO YOU NEED TO BE IN ORDER TO HAVE BODY CONFIDENCE? WHEN IT COMES TO BEING COACHED BY MYSELF WITHIN THE POWERFUL WOMAN PROJECT FOR MY CLIENTS TO COMMIT TO THEIR GOALS, I FIRST HELPED THEM DISCOVER WHAT BEING THEIR MOST CONFIDENT SELVES LOOKS LIKE AND FEELS LIKE SO THEY CAN ENVISION WHO THEY WANT TO BECOME, A PREVALENT PART OF GOAL SETTING AND PERSONAL GROWTH.

TO HELP YOU DISCOVER WHO YOU NEED TO BE TO HEAL YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE, I HAVE LISTED JOURNAL PROMPTS BELOW THAT WILL ALLOW YOU TO DIVE DEEPER INTO WHO YOU WANT TO BE, THE PERSON WHO SUCCEEDS, WHAT DOES SHE LOOK LIKE, FEEL LIKE, ACT ETC?

- WHAT DOES BEING BODY CONFIDENT FEEL LIKE FOR ME? (NOTICE WE DON'T FOCUS ON APPEARANCE HERE)
- WHAT WILL HAVING BODY CONFIDENCE DO FOR ME, HOW WILL IT BENEFIT/CHANGE MY LIFE?
- WHAT DO I NEED BELIEVE IN ORDER TO HAVE BODY CONFIDENCE?
- WHAT DOES A PERSON WHO HAS BODY CONFIDENCE ACT LIKE?
- WHAT SKILLS AND HABITS DO I NEED TO SUCCEED AND BE BODY CONFIDENT?



STEP 2 -

COMMITMENT

UNDERSTANDING YOUR LEVEL OF COMMITMENT IS PARAMOUNT, WITH THAT, NOW YOU NEED TO MARRY THAT WITH HOW TO ACTUALLY SHOW UP FOR YOURSELF AND TAKE ACTION.

THIS IS ADAMANT WITHIN THE POWERFUL WOMAN ACADEMY, FOR THIS IS HOW I TEACH THE WOMEN IN MY COURSES HOW TO NOT ONLY ACHIEVE CONSISTENCY BUT LONG LASTING CONSISTENCY.

WITH GOALS AND ACTION PLANS, COMES SPECIFIC DAILY COMMITMENTS THAT ALLOW YOU TO FREQUENTLY STAY COMMITTED TO YOUR GOALS, GIVING YOU STRUCTURE, ACCOUNTABILITY AND RESPONSIBILITY TO ACHIEVING THEM.

THESE ARE WHAT I DESCRIBE AS NON-NEGOTIABLES IN YOUR LIFE. NON-NEGOTIABLES ARE A SERIES OF TASKS AND HABITS THAT ARE ALIGNED AND SUPPORTIVE OF YOUR GOAL TO HAVE BODY CONFIDENCE, THAT YOU COMMIT TO DAILY TO SET YOU UP FOR SUCCESS. THIS IS THE ACTION TAKING PROCESS WHEN IT COMES TO HEALING YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE.

NON-NEGOTIABLES ARE NOT OPEN TO MODIFICATION, MEANING THESE CERTAIN TASKS AND HABITS ARE THE BUILDING BLOCKS OF YOUR ACTION PLAN, IF THEY'RE NOT COMPLIED WITH/COMPLETED, YOU SIMPLY DON'T ACHIEVE YOUR GOALS, OR LENGTHEN THE TIME IN WHICH IT TAKES TO ACHIEVE THEM IF YOU'RE NOT CONSISTENT.... BUT I'LL GET TO THAT LATER.

SO WHAT WOULD BE A NON-NEGOTIABLE THEN? FOR EXAMPLE IN THE POWERFUL WOMAN ACADEMY, THE NON-NEGOTIABLES ARE THE MODALITIES IN WHICH I PROVIDE EDUCATION AND UNDERSTANDING ON - UNLOCKING INNER CONFIDENCE, HEALTH OPTIMISATION, EMOTIONAL BALANCE AND REWRITING YOUR BODY IMAGE. I TEACH MY CLIENTS HOW THEY CAN IMPLEMENT SUCH THINGS INTO THEIR LIFESTYLES IN A WAY THAT SUITS THEIR CURRENT TIME RESTRAINTS AND OTHER LIFE COMMITMENTS.

WHEN IT COMES TO FINDING OUT WHAT THESE NON-NEGOTIABLES ARE FOR YOU TO BUILD YOUR BODY CONFIDENCE, THEN YOU'LL FIND WHAT IT IS YOU NEED TO TAKE ACTION ON REPEATEDLY TO CREATE LONG LASTING SUSTAINABILITY WITH YOUR GOALS. .



STEP 2 -

COMMITMENT

STARTING WITH THE QUESTIONS YOU ASKED YOURSELF EARLIER IN REGARDS TO THE COURAGE AND COMMITMENT SECTIONS OF THIS GUIDE, WILL ALLOW YOU TO DISCOVER THE HABITS YOU WILL WANT TO IMPLEMENT INTO YOUR DAILY ROUTINE.

ROUTINES ARE IMPERATIVE TO CREATE LASTING RESULTS WHEN IT COMES TO IMPROVING BODY CONFIDENCE, TO KEEP YOU IN CHECK, ACCOUNTABLE, RESPONSIBLE FOR FORWARD THINKING AND ALLOWS YOU TO DO SO WITH STRUCTURE TO MAKE THE PROCESS MUCH MORE SEAMLESS.

ONCE YOU'VE DISCOVERED THE DAILY HABITS AND TASKS YOU WISH TO IMPLEMENT INTO YOUR DAILY ROUTINE YOU CAN MAP OUT WHICH ARE NON-NEGOTIABLE (TASKS/HABITS IN WHICH ARE A MUST AND SHOULD ALWAYS BE IN YOUR ROUTINE, ANYTHING STRONGLY SUPPORTING YOUR BODY CONFIDENCE) AND THEN THE OTHERS MAY FALL UNDER THE WEEKLY CATEGORY AND MAY NOT NEED TO BE ACHIEVED ON THE DAILY.

A ROUTINE OF SUPPORTIVE HABITS AND TASKS KEEPS YOU TAKING ACTION REPEATEDLY ON BUILDING YOUR BODY CONFIDENCE, AND WHEN YOU ADD THAT WITH THE INNER KNOWING OF:

- WHO YOU WANT TO BECOME IN ORDER TO BE BODY CONFIDENT?
- WHAT BELIEFS YOU NEED TO THINK IN ORDER TO BE BODY CONFIDENT?
- WHAT FEELINGS YOU WISH TO FEEL WHEN HAVING THE BODY CONFIDENCE YOU DREAM OF?

THEN YOU SET YOURSELF UP FOR SUCCESS, REAPING THE RESULTS.... BUT HOW DO WE KEEP THE RESULTS, HOW DO WE MAKE THEM CONSISTENT?



A STEP 3 -

CONSISTENCY

IT'S NO WHAT WE DO ONCE IN A WHILE THAT SHAPES OUR LIVES, BUT WHAT WE DO CONSISTENTLY". - TONY ROBINS

TONY ROBINS HIT THE NAIL ON THE HEAD WITH THIS ONE, AS I HAVE MENTIONED, IT'S WHAT WE DO REPEATEDLY THAT GIVES US OUR BODY CONFIDENCE, WHETHER NEGATIVE OR POSITIVE (THIS FALLS TRUE FOR CONSISTENT UNSUPPORTIVE BEHAVIOUR, IT ALSO GIVES YOU AN OUTCOME BUT NOT THE ONE YOU'RE AFTER), HOWEVER THE MORE CONSISTENT YOU ARE TO COMMITTED, WELL THOUGHT OUT AND SUPPORTIVE TASKS AND HABITS THAT ALIGN WITH HEALING YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE AS WELL AS CONSTANTLY ENVISIONING HOW BEING BODY CONFIDENT WILL MAKE YOU FEEL AND HOW IT'LL BENEFIT YOUR LIFE, THE MORE SUCCESSFUL YOU'LL BE AT ACHIEVING IT!

NOW, COMMONLY MISCONSTRUED IS THAT 'DOING MORE GETS YOUR MORE' WHEN THAT ISN'T THE FACT AT ALL. YOU WANT TO BE ABLE TO GET THE MOST OUT OF YOUR TIME, SO YOU WANT TO BE SURE THAT WHAT YOU'RE COMMITTING TO SO CONSISTENTLY WILL MAKE THE MOST OF YOUR TIME.

IT'S ABOUT WORKING SMARTER, NOT HARDER, IN THIS CASE AS THE MORE THAT'S ON YOUR PLATE, THE MORE OVERWHELMING IT CAN BE AND OR THERE BE TOO MUCH PRESSURE APPLIED TO YOUR GOAL.

IT'S ABOUT DOING THE MOST IMPORTANT THINGS! REVIEWING WHAT IS NEEDED TO BUILDING YOUR BODY CONFIDENCE, AND SETTING THESE AS TOP PRIORITY. FOR EXAMPLE, FOCUSING ON BUILDING BODY CONFIDENCE, YOUR TOP PRIORITY TASKS AND NON-NEGOTIABLES WOULD BE THINGS THAT SUPPORT THESE 3 CATEGORIES - MINDSET, SELF-CARE, BODY NOURISHMENT. YOU WOULD THEN ORGANISE THESE AS YOUR TOP PRIORITY/MOST IMPORTANT TASKS THAT WILL ALWAYS BE A DAILY FOCUS. IT ALLOWS YOU TO GAIN CLARITY ON WHAT IS IMPORTANT AND THE TASKS AND OR HABITS THAT ARE JUST FILLING UP YOUR SCHEDULE BUT NOT AS SUPPORTIVE AS ONCE THOUGHT TO BE.



A STEP 3 -

CONSISTENCY

YOU CAN CONSISTENTLY REVIEW YOUR MOST IMPORTANT PRIORITY TASKS AND HABITS AT ANY POINT WITHIN YOUR JOURNEY TO HEALING YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE, IT'S A GREAT WAY TO STAY ACCOUNTABLE TO YOURSELF AND TO ENSURE THE PROCESS IS ON TRACK TO GETTING YOU, TO WHERE YOU WANT TO BE.

SO LET'S REVIEW: WE HAVE COVERED

- STEP 1, HAVING COURAGE TO TAKE ACTION ON HEALING YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE BY FOCUSING ON YOUR WHY.
- STEP 2, UNDERSTANDING THE LEVEL OF COMMITMENT NEEDED TO REACH YOUR BODY CONFIDENCE GOALS.
- STEP 3, KEEP CONSISTENT IN A WAY THAT IS SUPPORTIVE AND ALIGNED WITH HEALING YOUR BODY IMAGE TO BUILD YOUR BODY CONFIDENCE.

BE SURE TO GO BACK OVER ANYTHING IN WHICH YOU DO NOT UNDERSTAND AND BE SURE TO REFLECT AND ANSWER THE PROMPTED QUESTIONS.

WHAT'S NEXT?

BY NOW YOU UNDERSTAND THAT NOTHING CHANGES IF NOTHING CHANGES. THAT IS CLEAR AND THIS GUIDE HAS SET YOU UP WITH THE MINDSET READY TO MAKE THAT CHANGE, BUT THE NEXT STEP IS THE HOW...

HOW DO YOU CULTIVATE YOUR DREAM BODY NOW THAT YOU ARE READY TO ACTION IT ALL?

THAT'S WHERE I HAVE YOUR BACK GIRLFRIEND, I WOULDN'T LEAVE YOU HANGING AND NOR WOULD I WANT YOU TO STAY IN A PLACE OF BODY INSECURITY. YOUR DREAM BODY IS WAITING FOR YOU TO DISCOVER HER AND LOVE HER FOR ALL THAT SHE IS.

IF YOU DEEPLY RESONATED WITH THIS JOURNAL AND WISH TO LEARN MORE AND TAKE A DEEPER DIVE INTO HEALING YOUR BODY IMAGE AND WISH TO CREATE LONG LASTING BODY CONFIDENCE BY WORKING WITH ME THEN YOU CAN REGISTER FOR MY NEW FREE TRAINING.

IN THE FREE TRAINING I TEACH YOU HOW TO HAVE AND LOVE YOUR DREAM BODY WITHOUT THE BULLSH*T BY USING THE POWERFUL WOMAN METHOD SO YOU CAN CREATE UNSHAKABLE BODY CONFIDENCE FOR GOOD WITHOUT DIETING.



LET'S CONNECT

WANT TO WORK WITH ME?

THIS IS THE REALITY CHECK YOU NEVER KNEW YOU NEEDED.

I SHARE WITH YOU THE 3 CORE PILLARS TO MY METHOD:

PILLAR 1 - THE 3 RELATIONSHIPS I HAD TO HEAL IN ORDER TO REVITALIZE MY PHYSICAL AND EMOTIONAL HEALTH.

PILLAR 2 - HOW TO CREATE EMOTIONAL BALANCE WITH 3 KEY STEPS THAT YOU CAN USE ON REPEAT TO SKYROCKET YOUR BODY CONFIDENCE.

PILLAR 3 - MY EXACT METHOD FOR CREATING SELF ACCEPTANCE AND RELEASING YOUR FEAR OF JUDGMENT SO THAT YOU CAN FALL BACK IN LOVE WITH YOUR BODY.

IF YOU ARE CURRENTLY DREAMING OF FEELING CONFIDENT AND COMFORTABLE IN YOUR BODY, ACHING TO LOOK IN THE MIRROR AND FINALLY LOVE WHAT YOU SEE, THAT DOESN'T REQUIRE YOU TO...

- GO ON ANOTHER FAD DIET
- EXHAUST YOURSELF WITH COPIOUS AMOUNTS OF EXERCISE
- RESTRICT YOUR FAVOURITE FOODS
- MISS OUT ON SOCIAL EVENTS OUT OF FEAR
- OBSESS OVER YOUR WEIGHT AND LOOKS

AND THAT ALLOWS YOU TO LEARN HOW TO ACCEPT YOUR BODY AS IS, DITCHING THE INCESSANT NEED TO CHANGE YOUR BODY IN ORDER TO FEEL GOOD ENOUGH...

THEN MY FREE TRAINING IS JUST FOR YOU!



LET'S CONNECT

WANT TO WORK WITH ME?

ACCESS MY FREE TRAINING 🖱️

*** CLICK BELOW ***



DESIGNED FOR WOMEN WHO WANT TO FALL IN LOVE WITH THEIR BODY, TO LEARN HOW TO PRIORITISE HERSELF AND WELL-BEING TO REGAIN HER BODY AND SELF CONFIDENCE!

SAY BON VOYAGE TO SELF CONSCIOUSNESS AND SAY HELLO TO LOVING ALL OF YOU.

