



The  
**IRRESISTIBLE**  
*Woman*

WORKBOOK

## **Women face unrealistic expectations**

We are often raised with the unrealistic expectations: to be the perfect daughter, to take care of our family, to look our best, to be nice and soft, to stay quiet and not cause any problems.

## **Everything that makes you is exactly as it should be.**

There are no good and bad parts to you. Everything that you are is exactly as it should be. It is ok to be emotional. It is ok to be ambitious. It is ok to be seductive. What makes you a woman, makes you unstoppable. Don't let anyone ever tell you that it's not enough.

## **Femininity is not weakness. It's power.**

## **When you activate your energy, you become irresistible.**

When you open up, and let your true energy out, people will naturally navigate towards you. Both men and women will want to be in your presence. Not only will you attract them, from this place you will also lift them up and help them become the best version of themselves.

## **Your BODY is your most important tool. This is why you need to reconnect with it.**

#1 There are two main reasons why we feel disconnected from our bodies:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#2 Some of the consequences of being disconnected from your body include:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

#3 Where do you fall on the following questions? Rate yourself on a scale 0-10:

1. How happy are you with your weight?
2. How often do you ask, trust and follow your intuition?
3. How easy is it for you to experience physical pleasure?
4. How energetic do you feel throughout the whole day?
5. How confident do you feel in uncomfortable situations?

## **Belly Breathing is a great technique to immediately reconnect to your body**

#4 In belly breathing you place your palms on \_\_\_\_\_ .  
You inhale deeply \_\_\_\_\_ your belly, and you exhale fully  
\_\_\_\_\_ your belly.

You can use this technique any time you feel unsure about a decision.

## **Moving your centre of gravity down helps you stay grounded and unshaken.**

#5 Because our pelvis is usually tilted backwards or forward, we lose stability in our hips. That moves your centre of gravity to your \_\_\_\_\_ which makes you shaky and easily disturbed by external factors.

#6 To drop your centre of gravity down to your lower belly you want to:

1. \_\_\_\_\_ your legs
2. \_\_\_\_\_ your feet, knees and hips
3. Then \_\_\_\_\_ your legs and \_\_\_\_\_ your feet.

## **Your Authority**

#7 When you need advice - ask yourself. You are your biggest guru. No one else will ever give you a better advice because they \_\_\_\_\_

# THE IRRESISTIBLE WOMAN

## 6 Week Coaching Program for YOU!

Embark on a 6-week journey of personal transformation.

Every week we will meet for about 60 minutes and dive deep into the following topics:

**Week 1: You're Beautiful Inside Out**

**Week 2: You're Confident & Powerful**

**Week 3: Your Winning Money Mindset**

**Week 4: Your Intuition**

**Week 5: Your Feminine & Masculine Energy**

**Week 6: Your Love, Sex & Relationships**

And every week you will receive a series of exercises to dive deeper and make life-long changes.

You will have an online community of **like-minded women** to share that journey with.

Are you ready to invest in yourself?

**YES, I am ready to invest in myself >>>**

## ANSWERS:

#1 There are two main reasons why we feel disconnected from our bodies:

1. Unrealistic expectations of how our body should look (driven by media)
2. Taboo around pleasure for women

#2 Some of the consequences of being disconnected from your body include:

1. Weight struggles
2. Disconnection from your intuition
3. Low energy
4. Difficulty making decisions
5. Subdued feminine energy and difficulty experiencing physical pleasure
6. Lack of confidence

#4 In belly breathing you place your palms on your lower belly. You inhale deeply expanding your belly, and you exhale fully pulling your belly into the spine.

#5 Because our pelvis is usually tilted backwards or forward, we lose stability in our hips. That moves your centre of gravity to your upper chest which makes you shaky and easily disturbed by external factors.

#6 To drop your centre of gravity down to your lower belly you want to:

1. Bend your legs
2. Open your feet, knees and hips
3. Then straighten your legs and bring your feet in

#7 When you need advice - ask yourself. You are your biggest guru. No one else will ever give you a better advice because they see the situation through their subjective perspective.