



nancy
FLORENCE
WORKBOOK 3

GO BACK TO WHAT

Feels Good



The Purge

Let's start where
it doesn't feel
good.

The clearer you
are on what
sucks in your life,
the closer you
get to your
desires.

Write it out.

1. What are you tired of feeling?

2 - Thinking about the last 6 months of your life, what didn't feel good to you?



Now take a deep breath.

WE'RE GONNA RAISE THE VIBRATION AND GO TO
THE LIGHT.

Write it out.

3. What were the highlights of the last 6 months for you?

4 - Looking at your highlights, what makes you feel good in your life?
(It might not be what you thought it was)


Write it out.

5. Over the next 6 months, what do you want to spend more time doing?



*Let your calendar show
you how devoted you
are to feeling good.*

If you want to
organise a girly
week end with
your friends, pick a
date today.
Put it in the diary
and let your friends
know about it
today.



If you want to
spend more time
on the beach,

pick a date now to
drive to the seaside.
You get the gist!


Write it out.

6. What actions, events, experiences do you want to schedule in your calendar and when?

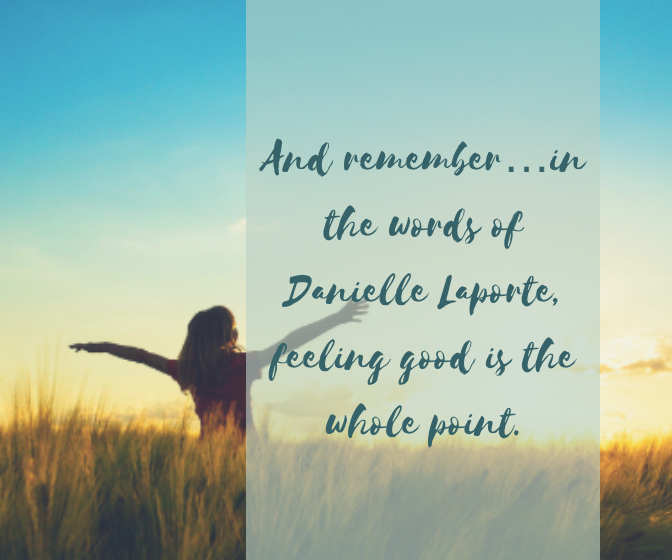
*This is what it
means to go
back to what
feels good.
It is that
simple!*



Identify what
feels good in
your life.
Decide to do
more of it.
Schedule it in
the diary.
Job done.

A smiling woman with dark curly hair, wearing a black top and a colorful patterned cardigan, holds a white sign with the handwritten text "Joy is power".

Joy
is
power

A person is seen from behind, standing in a field of tall, golden grass. Their arms are outstretched towards a bright, hazy sunset sky. The scene is peaceful and evocative, with the sun low on the horizon, creating a warm, golden glow. The text is overlaid on the right side of the image.

*And remember...in
the words of
Danielle Laporte,
feeling good is the
whole point.*