

nancy  
FLORENCE

Reset  
your nervous system

# Welcome to the Joy Factor

You've made it.  
You have decided to honour your need  
for more Joy and more Ease in your Life.

Beautiful.

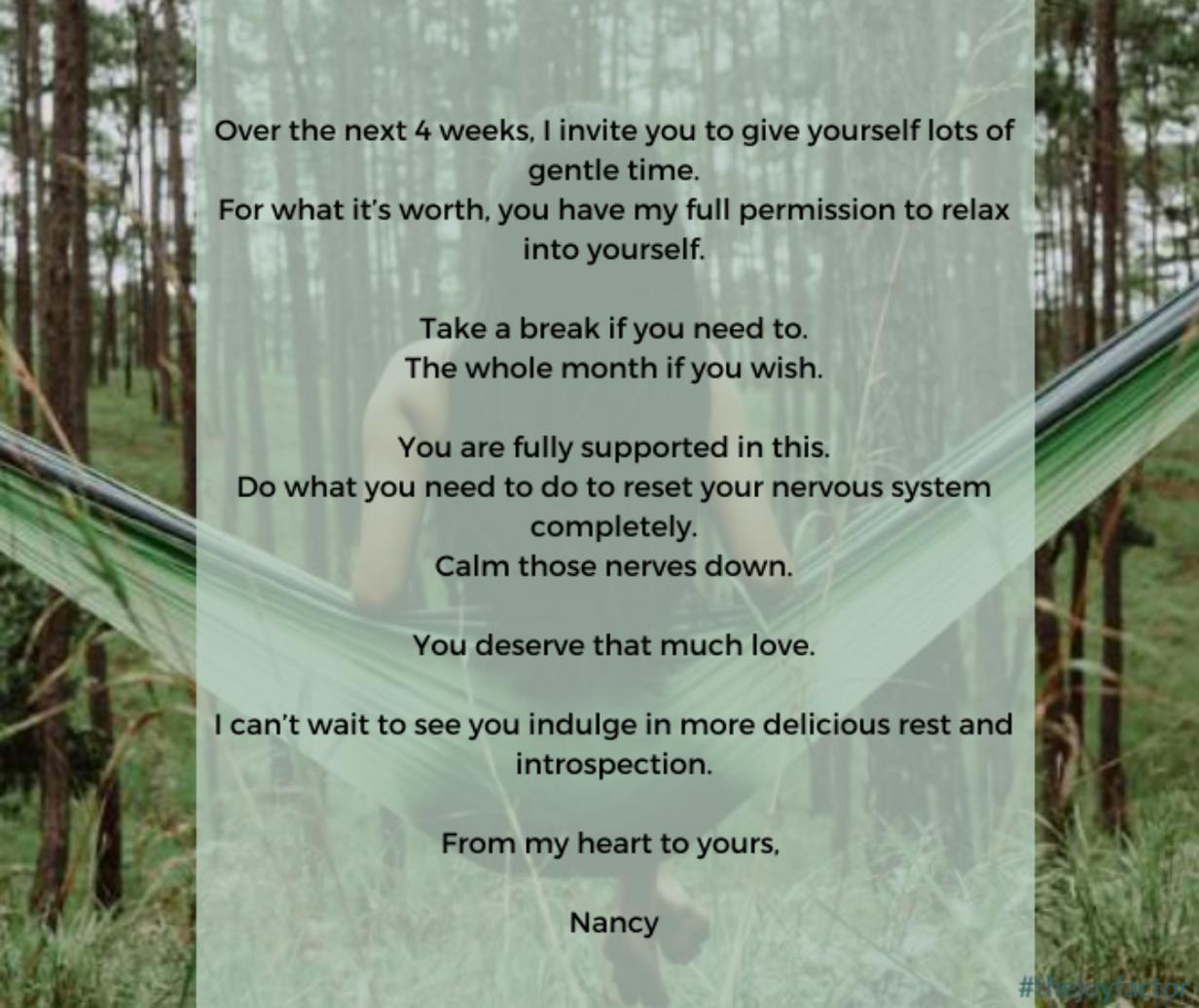
This Module is called: **RESET YOUR  
NERVOUS SYSTEM**  
Here is what we are going to explore  
together.

- \* Releasing your stress and anxiety
  - \* Letting go of Money worries
  - \* Rest & Relaxation
- \* Creating your Stop Doing List



@the\_joy\_factor

#thejoyfactor

A person is lying in a green hammock in a forest. The background is a dense forest of tall, thin trees. The text is overlaid on a semi-transparent green rectangle in the center of the image.

Over the next 4 weeks, I invite you to give yourself lots of gentle time.

For what it's worth, you have my full permission to relax into yourself.

Take a break if you need to.  
The whole month if you wish.

You are fully supported in this.  
Do what you need to do to reset your nervous system completely.  
Calm those nerves down.

You deserve that much love.

I can't wait to see you indulge in more delicious rest and introspection.

From my heart to yours,

Nancy

# Write it out.

1 - Describe your Relationship with Work and Productivity. What is good about it? What doesn't feel good about it?

2 - How stressed out are you really?

## Write it out.

3 - What is the biggest source of stress for you?

4 - I know you worry about Money...like...a lot. How can you make money your new BFF?

Note: this is going to be an ongoing conversation between us. It doesn't matter if you are a millionaire or not, this is about making money your friend, not your persecutor. Include a Money BFF ritual in your daily practice.

## Write it out.

5 - What is going to look like once you have reset your nervous system? Describe what a calm heart will look like in your business & life?

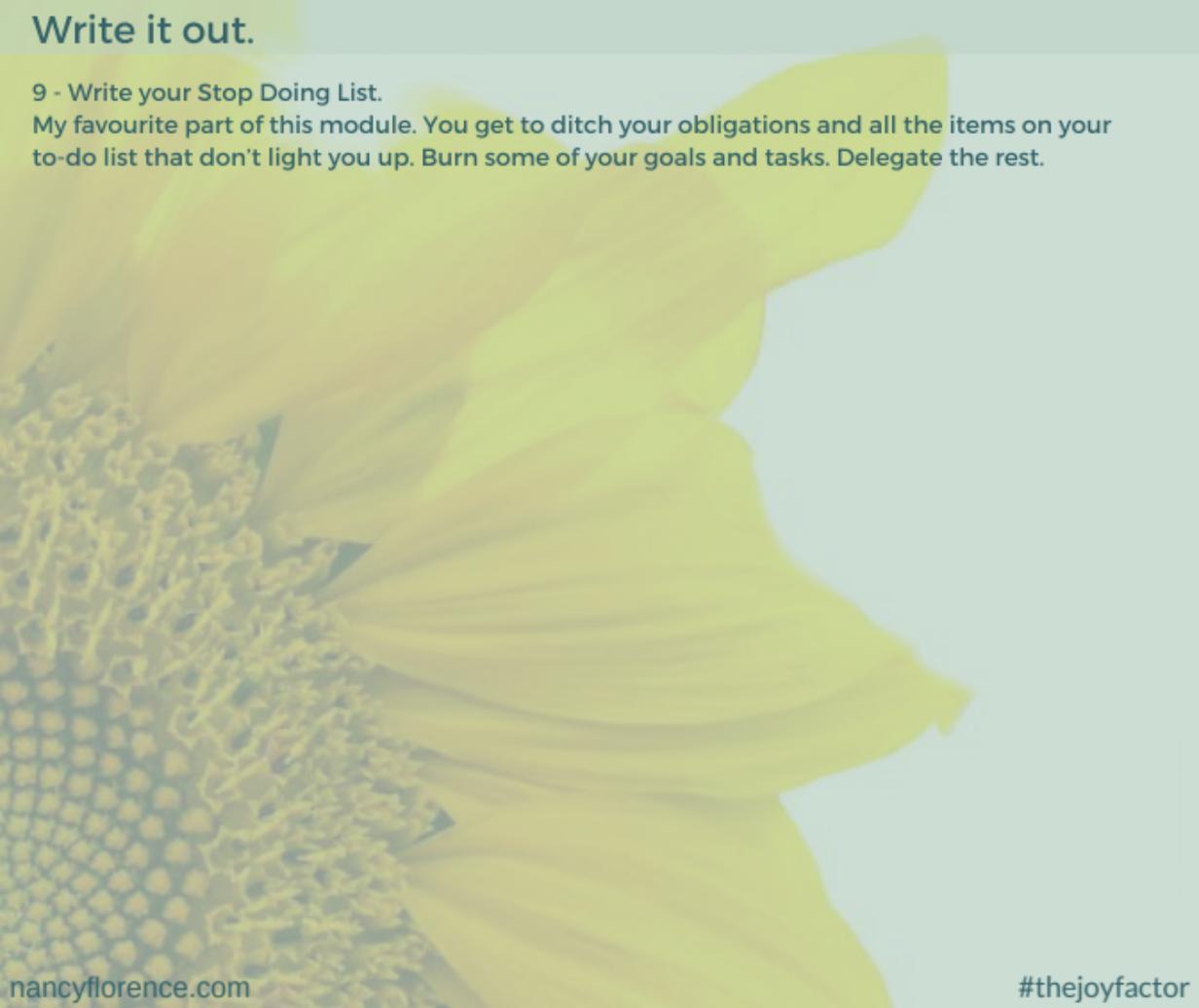
6 - What do you need to let go of in order to create that picture of Ease, Calmness & Simplicity in your life? Think about your need to prove, please, impress, perform. You'll create your STOP DOING LIST later.

## Write it out.

7 - How are you feeling right now hunny? You might be feeling emotional. This is completely normal.

8 - What else do you need to do in order to reset your nervous system completely?

# Write it out.



## 9 - Write your Stop Doing List.

My favourite part of this module. You get to ditch your obligations and all the items on your to-do list that don't light you up. Burn some of your goals and tasks. Delegate the rest.

## Write it out.

10 - What specific things are you going to do to create Rest and Relaxation over the next 4 weeks. I invite you to schedule the time in your calendar immediately.

11 - What is your biggest take-away from this Module?



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This is it!  
You have done it.

How did it feel?  
I honour you for doing this work  
sister.  
You are so brave.

Let this month be soaked with love.  
Let it be your most chilled out month  
of this year.  
You deserve it.

I am with you every step of the way.

Love.  
Nancy