

CREATING YOUR
BEST LIFE IN FRANCE
STARTS WITH THE
FIRST STEP..
AND HERE IT IS..



Welcome to the first steps to creating your life in France

Hello, I'm Nicky, and I've designed this guide with you in mind, tailored to help you sculpt the life in France that you desire. Not the life full of flashy cars and mansions... The dream life of your soul, the one your soul intended you to live.

Throughout my own transformative journey, I've gathered a treasure trove of tools—creativity, life coaching skills, emotional healing, essential oils, and much more—all available to you to help you shape YOUR dream life in France



By taking this initial step, downloading this guide, you've started the journey towards your life in France. The next step is yours to take—sit down with a cup of herbal tea, light a candle, put on some french music (see my spotify list of French music here: <https://spoti.fi/47MRgTF>) and start to dream. You know there's something deep inside you waiting to be lived.

Remember, if you can imagine it, you can create it. And if you can imagine it, that's because it's waiting to be expressed within you.



We're going to take a look at where your life is right now and find a step that you can take TODAY to take your French life to the next level.

When you have finished you'll have an idea of which parts of your life you would like to improve first and an action that you can put in place to start the ball rolling.

Remember all it takes is one step. You're one step away from your dream life. The life aligned to your soul.

If we change our direction by changing one habit, or taking a slightly different direction, it can take you to whole new places. If you drew a line on a map from place A to place B and then change that line by 1 degree, you'll end up somewhere completely new!

Once you have completed it, I would love you to drop me a line and tell me how you got on! I love to hear about peoples progress, oh and please do tell me about your dream when you write that email. it touches my heart to hear them.

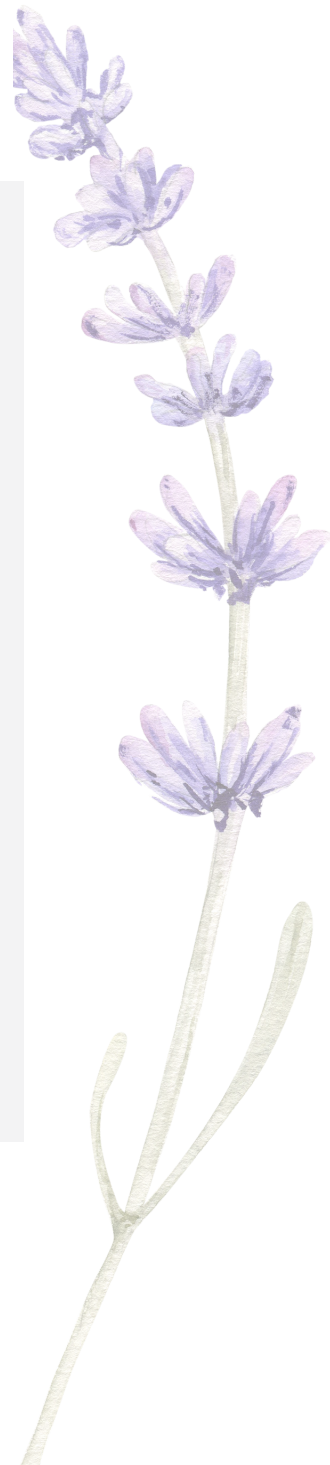
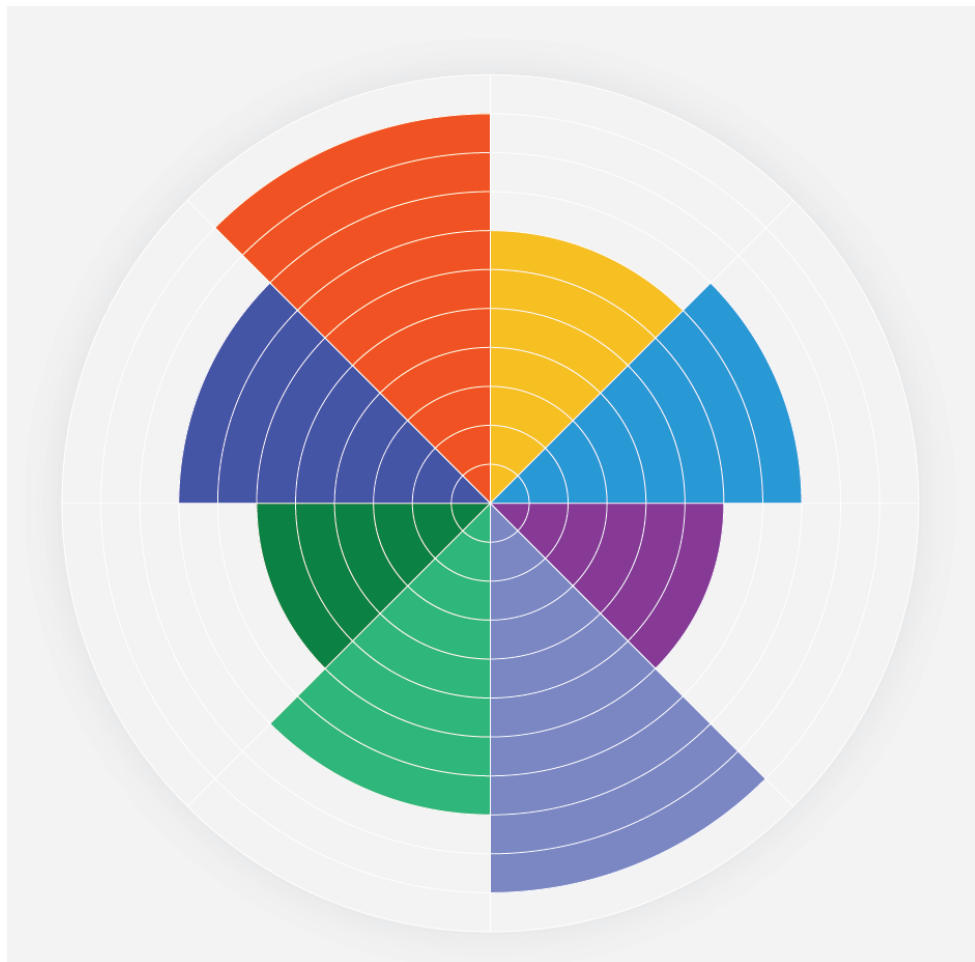
I look forward to hearing how you get on, but for now I'll leave you to take that step!



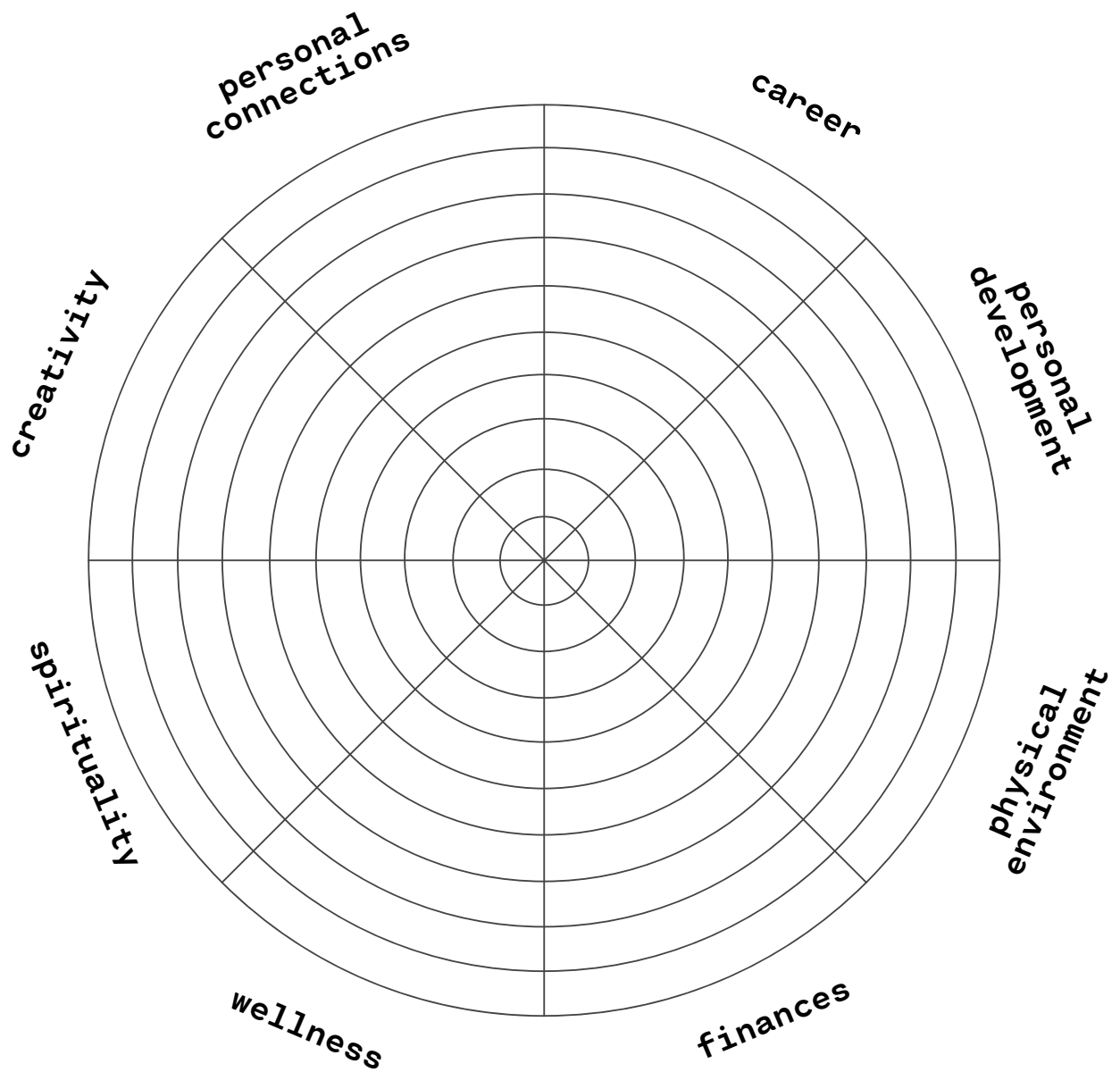
YOUR WHEEL OF FRENCH LIFE

Assess your level of fulfilment for each of the areas shown on the wheel on the next page, on a scale from 1 to 10 and shade the wheel accordingly.

When you have completed the first part, it will look something like this:



YOUR WHEEL OF FRENCH LIFE



YOUR FRENCH LIFE IN REVIEW

For a deeper analysis, write down a short statement for each of the areas in part 1. How fulfilled and satisfied do you feel about each of them.

Career/work

Personal development

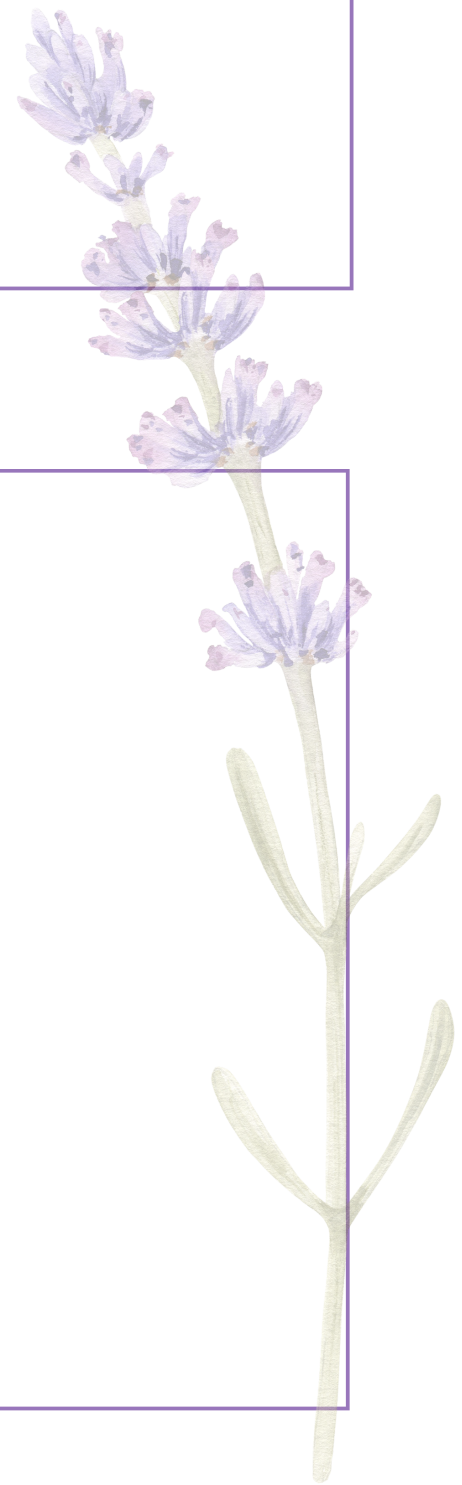
Personal connections - relationship,
family, friends

Finances

Spirituality

Physical environment - where you live, your house, town, country..

Wellness -Health, sport, diet



Creativity- expressing yourself creatively

HOW DO YOU WANT TO FEEL?

Choose 2 areas from above and write down how you WANT to FEEL in these areas? Secure? Satisfied? Write down those emotions in detail below

.....

A detailed illustration of a lavender flower spike, showing individual small blossoms in shades of purple and blue. The stem is green and has small, pointed leaves. The illustration is positioned on the left side of the form, extending from the top of the lower section into the upper section.

.....

A detailed illustration of a lavender flower spike, showing individual small blossoms in shades of purple and blue. The stem is green and has small, pointed leaves. The illustration is positioned on the left side of the form, extending from the bottom of the lower section into the upper section.

FEEL IT NOW!

Now write down below what you could do in those areas to feel that way today. How could you bring that emotion in your life ? Where are you already feeling that emotion? What does it look like? if you could feel it how could you visualise it? For example for me to feel abundant I imagine sitting in a comfy sofa with lots of candles, knowing that my fridge is full of good food. Anytime I want to feel abundant I visualise this scene. Write down yours.

CONGRATULATIONS!

You have taken your first steps to creating your life in France! Simple isn't it? It's also VERY effective. Let me tell you just how important visualisation is to your brain. If I told you to close your eyes and imagine cutting into a juicy lemon, seeing those slices glimmering with juice, and taking a bite from it...I bet your mouth watered didn't it? And not a real lemon in sight! When I go to sleep bring in that scene with the sofa and candles and feel into it. It's that simple. You can feel that emotion anytime you feel!

You have also experienced a taster of a few of the steps of the self paced Emotiv Board course that will be available in My French lavender Membership shortly



WHERE TO GO FROM HERE:

You can now see where you are in different areas of your life, and have put some ideas into place on areas you would like to improve upon, to create your life in France. It's such a simple exercise but a very visual and effective one. So what next?

- Book in for free chat with me (no salespitch, no pressure, no engagement) to talk through your results and help you see more clearly where to go from here and if you have any questions.

<https://energyandemotion.as.me/connectwithme>

- Find me on **Facebook** Create your French Life
- Find me on **Instagram** [createyourfrenchlife/](https://www.instagram.com/createyourfrenchlife/)
- Subscribe to be sure to be first to here about the French lavender membership **<https://bit.ly/49e9sH8>**

Don't forget to email me with your results and I'd love to hear about your big dream, the one your soul whispers to you! Drop me a line and let me know. In the meantime keep visualising!

Blessings

Nicky

