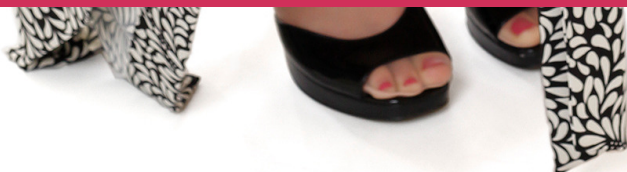


NO MORE NICE GAL!



The Choice for Love
WORKBOOK



NO MORE NICE GAL!



**"YOU WAIT A LIFETIME TO
MEET SOMEONE WHO
UNDERSTANDS, WHO
ACCEPTS YOU AS YOU ARE.**

**AT THE END, YOU FIND
THAT SOMEONE ALL
ALONG HAS BEEN YOU.**

RICHARD BACH

NO MORE NICE GAL

Make the Choice for Love



This New Year's 2018 abandon resolutions based on self-improvement because the root of all perfecting and performing is a belief of not being worthy. Say NO to striving and instead commit to pulling out every rooted false belief in "not good enough". Make healing and restoring your true self the focus.

I invite you to make a choice for love - first from within to allow a lightness and authenticity so powerful you attract love effortlessly from others.

From my heart to yours I see the intuitive strength you possess that comes from your innate sensitivity. I honour the courage you have to believe in love despite all the challenges and setbacks.

I invite you to make the choice for love, committing to whatever it takes to be free: to find sources of love and self-worth inside yourself, independent of the past or your current relationship status.

My first offering is that no matter how many mistakes you've made, no matter how unlovable you believe you are, no matter how difficult the journey has been so far, no matter how much you may be going through or struggling with now, no matter how many people have disappointed you, no matter how much time you're afraid you've wasted - you can find true love.

You've lost parts of yourself that can be reclaimed.

You've fallen and gotten back up.

You've despaired and returned to hope.

The promise I offer is the healing or unlearning of too nice co-dependency blocking you from feeling worthy and attracting healthy, sustaining sources of love in relationships.

Let's start with some truths.

Nice Gal behaviors are just ways you learned to earn and secure love, and there are better ways to meet your love needs that don't require sacrifice, compromise, over-giving or tolerating less than.

Every relationship was designed for your healing.

Every mistake can be used for your good.

The love you've been seeking has been with you all along.

You've never been alone.

Beyond suffering are wisdom, freedom, and strength.

In the No More Nice Gal ten-step process - step 1 asks you to say, "Enough is enough! I can't stay here." I have the power to restore myself and heal. I can't love him into loving me back. Being too nice doesn't work. All the validation, safety and acceptance I'm seeking from a man is temporary at best. I'm now willing to show up fully accepting myself and learn how to fall in love with life and myself.

The pain of too-nice co-dependency is real and debilitating, but there is a path to break free from the patterns that unconsciously draw you to familiar repeats of relationship past.

The truth is now there's a model for healing through the No More Nice Gal Recovery program.

I believe that recovery from co-dependency is a 'make or break' deal. We either commit to meeting and releasing our inner wounds, or we flounder alone or hop from relationship to relationship (never quite getting it right).

What is required for you to heal is to take a stand knowing that there's an inner being within who truly needs your love, dedication, and support.

Healing this wounded, separated self, unleashes the irresistibly powerfully and worthy woman you've always been. (I can't wait to meet her!! - because she's powerful and worth loving!)

I can share with you a path that includes healing too nice co-dependency from its core, how to love others without losing yourself and a new worthy identity that transforms how you date and relate to men, and the quality of man you attract.

This is about recognizing that there are very 'young' wounded parts inside of you that are traumatized, insecure, fearful, abandoned, abused and highly distressed.

Including acknowledgment of the powerfully intuitive and aware woman within waiting for the belief, safety, and permission to express her giftedness.

I hope this "Make the Choice for Love" Workbook starts you on the first step commitment to giving the deepest love and loyalty to the wounded and gifted parts of yourself.

True change comes from shifting your identity from nice to worthy and retiring any not good enough beliefs that keep you hooked on seeking external validation, security, and approval.

Imagine the freedom and vital energy that will return to you when the frantic, desperate need to prove your lovability is gone.

Healing means the invented solution of too nice is no longer compelling and the real you in all her wonder can shine.

Only then will attracting and creating the life and love of your dreams be possible.

Maryjane xoxo



BEFORE YOU GET STARTED



I invite you to print out this workbook, find a comfortable, quiet and peaceful place to reflect and dream. If you can, pour yourself a lovely drink, light a candle or put on some relaxing music to create an inspiring space for yourself.

Open your heart to the highest vision and possibility for your life. Trust what comes to mind.

Have fun with this!

Please avoid the temptation to fall into regret and judgment about the past. There isn't any mistake that can't be a source of strength moving forward. Our past holds points of power that offer the wisdom to do better. Every experience is a stepping-stone to support your healing and actualize your love potential.

If stuff comes up in this process, say to yourself, "It doesn't serve me to hold onto bad feelings. Judgment is self-harming and prevents me from enjoying my life fully. I am worthy of love and all good things. I choose to accept myself and heal."

Breathe compassion and understanding into every emotion and every cell. You're worth your own love.



PART ONE



ENOUGH IS ENOUGH



ENOUGH IS ENOUGH! IT IS TIME TO TAKE A STAND AND BREAK-FREE FROM TOO-NICE SYNDROME.

WHAT IS THE ONE THING YOU KNOW YOU NEED TO STOP TOLERATING FROM YOURSELF AND OTHERS THAT IS LESS THAN THE WORTHY OF YOU?

HINT: Maybe you accept less than treatment from others and need to erect boundaries and communicate your needs. Maybe you've had a long stretch of dating with no success and need to take a break. Maybe you're avoiding love and it's time to take a risk. Maybe you're giving all your time, money, energy or resources to others and need to focus more on your own dreams. Maybe you eat your feelings, and it's time to breathe, tap, and meditate into every emotion.

WHAT ONE NICE GAL SHIFT DO YOU WANT TO COMMIT TO TRANSFORMING THIS YEAR?

The essential change needed is the one area that is the source of your greatest pain, regret and disappointment. It is the "mistake" you judge yourself for making and the familiar place you've arrived over and over again despite all your efforts to not repeat the past. It is your biggest blindspot and challenged area to let go. It is a habit you feel you have no control over. It is the same type of guy you attract over and over.

On next page, let the story of your struggle and pain pour out and I promise insight in how to answer the questions above will follow.

MY CHOICE FOR LOVE



PART TWO



FORGIVE YOURSELF



EVERY NICE GAL HABIT, CHOICE OR ACTION IS AN ATTEMPT TO MEET YOUR NEEDS. IN LIMITED WAYS, TOO NICE BEHAVIOURS HAVE HELPED YOU FEEL LOVED, SAFE AND SECURE, IN THE MOMENT. BUT ANY SENSE OF LOVABILITY AND SECURITY IS TEMPORARY.

A problem trying to be solved, every choice has a positive intention and the highest hopes. Unfortunately, unconscious programming is trained to match your current reality with expectation of the past: failing to recognize the strength and capability of your more emotionally aware and evolved self.

As you gather the NMNG tools to override the body-mind addiction to familiar feelings and circumstances, and recreate your identity and beliefs, it is important to understand how you succumbed to these powerful emotional and chemical motivators.

YOU HAVE THE POWER TO OVERCOME THIS CONDITIONING BUT NOT IF YOU'RE LOCKED IN HELPLESSNESS AND JUDGMENT.

Forgiveness and compassion unlock the power to shift and transform. It starts by understanding what motivated the behaviour in the first place and the beliefs attached to the outcome you hoped to create. Only by embracing and loving the past parts of you, can you join together, united towards the same goal with new possibilities.

HOW IN PAST RELATIONSHIPS DID YOU ATTEMPT TO MEET YOUR NEEDS? DID IT WORK & TO WHAT EXTENT? WHAT WAS THE COST? WHAT POSITIVE INTENTION AND HOPE DID EVERY CHOICE HAVE? WHAT NEW WAYS OF BEING AND ACTING HONOUR YOUR WORTH AND DEEPEST DESIRES? I FORGIVE BECAUSE...

UNDERSTANDING NICE GAL BEHAVIOURS



PART THREE



SELF-LOVE



LIVE LIKE YOUR LOVED AND EVERYTHING CHANGES.

YOUR INNATE VALUE AND SELF-WORTH ISN'T MISSING IT IS JUST COVERED OVER BY NOT GOOD ENOUGH BELIEFS EXPERIENCE HAS CREATED AND REINFORCED.

TO CHANGE YOUR EXPERIENCE OF LOVE, YOU'LL NEED TO CHANGE THE BELIEFS THAT ARE CORRUPTING YOUR WORTHY WOMAN IDENTITY.

Living like your loved means enacting self-loving behaviour into each and every day, moment by moment. It involves knowing how to cultivate and receive the universal energy of love, and to create opportunities to experience unconditional validation, support, and connection with others.

NOT ONLY WILL YOU COMMIT TO DAILY ACTS OF SELF-LOVE BUT BEFORE YOU MAKE ANY CHOICE, YOU'LL ASK: "IS THIS THE MOST LOVING THING TO DO?"

You deserve to have your love needs met and it is healthy to want to connect, be seen, accepted, included and even celebrated without the intense drive to give and change to win others over.

WHAT SELF-LOVING ACTIONS AND CHOICES CAN I DO DAILY AND WEEKLY TO SUPPORT ME TO LIVE LIKE I AM LOVED?

HINT: More isn't better: consistency is key. Avoid the temptation of trying to do it all and choose 1-3 actions you can easily commit to without time, life, or resistance getting in the way.

LIVE LIKE YOU'RE LOVED



WHAT SELF-HONORING COMMITMENTS AND CHOICES ARE YOU WILLING TO MAKE MOVING FORWARD TO SUPPORT, LOVE AND CHERISH YOURSELF AND NURTURE YOUR DREAMS?

WHAT SUPPORT, TOOLS, OR RESOURCES WILL GUIDE YOU TO UPHOLD YOUR COMMITMENTS TO LIVE A FULFILLING LIFE (THAT INCLUDES LOVE FROM MANY SOURCES)?

OPEN TO SUPPORT

≡ JOIN THE COMMUNITY ≡



IN ALIGNMENT WITH LOVING YOURSELF IS BUILDING A COMMUNITY OF SUPPORTIVE, INSPIRING - I HAVE YOUR BACK KIND OF PEOPLE WHO WILL ENCOURAGE YOU, LISTEN TO YOUR HEARTBREAK SO YOU DON'T FEEL ALONE AND CELEBRATE YOUR BREAKTHROUGHS.

Belong to a group of Nice Gals who get it and know the pitfalls of being too nice and how to break the pattern. No one will understand you better or be more accepting. This is where being yourself is safe and celebrated.

I INVITE YOU TO JOIN THE NO MORE NICE GAL COMMUNITY ON FACEBOOK TO CONNECT WITH WOMEN WHO ARE KIND, LOVING, GENEROUS, INTUITIVE, SUPPORTIVE, AND STRONG CREATIVE, HUMANITARIAN TYPES - JUST LIKE YOU.



**CLICK HERE TO JOIN
NO MORE NICE GAL!**



I AM WORTH LOVING



IT'S GOING TO BE OKAY



I TRUST MYSELF

I ATTRACT & WELCOME LOVE INTO MY LIFE.

I BELIEVE IN ME

IT FEELS SAFE TO OPEN MY HEART

I WILL MAKE IT. I WILL GO ON.

I LOVE ME

I HAVE ABUNDANT FAITH

Strength + Courage

I CHOOSE WELL.

I RECEIVE SUPPORT

I AM WORTHY OF HAPPINESS