

# Take Flight Action Guide

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# Why the world needs your freedom

**Women are natural caretakers.** We want to save the world and support our families. As ambitious women, we also want to have a great life, to travel, to love and live well. We want to make a difference and enjoy the journey. Most of us have learned that with hard work and dedication we will succeed:

The American Dream is a set of ideals in which freedom includes the opportunity for prosperity and success, and upward social mobility achieved through hard work.

In the meantime, we'll just have to wait...

- > We wait until we can make the time to be with our friends.
- > We wait until we've saved enough money to take a vacation.
- > We wait until we've lost 10 lbs to look for love.
- > We wait until we've earned the right to really live.

We aim for freedom, but approach it in a way that gives us no freedom today.

We aim to make a positive difference in the world by deferring our own joy.

## **Why this doesn't work:**

As an emotional eating expert, I have met countless women who are waiting to finally live, when they approve of their bodies and get control of their eating. They wait to buy new dresses, they wait to travel, they wait go on dates, they wait to live the lives they dream of.

As an entrepreneur and coach to entrepreneurs, I often witness the day-to-day struggle of building a business. They wait until that magic day when they are finally rich and have plenty of time, so they can travel, give back, engage in self-care and enjoy life!

As a former foodaholic, shopaholic and workaholic, I can tell you that all of that struggle, frustration, overwhelm and waiting causes us to feel empty. When we feel empty, the natural response is to try to feel “whole” again, so we often turn to food, shopping, sex and work in an attempt to fill up. These unhealthy relationships create a spiral into even deeper sadness and struggle. This is a loop that goes on and on and on...until we choose freedom.

**Have you ever said?**

“I can’t wait until I can give to charity”

“I can’t wait until I can travel”

“I can’t wait until I have the time...”

**You’re right: you can’t wait.**

As women expand our own freedom, we  
can alchemize that incredible caretaking  
into incredible changemaking.



*As our freedom deepens,  
our ripple effect  
broadens.*

# Freedom Paradigms

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**Old Freedom Paradigm** : If I work hard, pay my debts, lose the weight, get the man, become a mom, have a gorgeous house, have more time and save some money, then I'll be happy. Then I'll be free.

**New Freedom Paradigm** : Life is happening now, not after 6-figures, age 60 or size 6, and I'm going to live it now. Freedom is my true nature and is worth striving for. Freedom begins with choice.

## DECLARE IT!

I am adopting the \_\_\_\_\_ Freedom Paradigm because \_\_\_\_\_

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# So, how do you want to live & give?

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Most women say they want to travel, have a healthy & happy family, do work they love and make a positive impact on the world.

So, my dear, **what do you desire?**

If you desire travel, where would you love to go? How will it feel to be there?

If you desire a career you love, what does it look like? How will it feel to be there?

If you want to make a bigger impact in the world, how? How will it feel to be giving bigger?

**DECLARE IT!**

I desire to \_\_\_\_\_

I desire to \_\_\_\_\_

I desire to \_\_\_\_\_

## Share with your sisters

As women, we are so focused on making sure that everyone else is happy...the men, the kids, our parents, the bosses. We easily forget about ourselves.

This imperative to rally for others' happiness is beautiful, and it also clearly shows why women's desires are important: When women are taken care of, the rest of the world is taken care of. Making sure of that comes naturally to us.

When we lived in tight-knit communities with other women, we supported one another in being nurtured of and giving voice to our desires. In our modern world, it is vital that we remain curious about our own desires and support our sisters in going after their desires, too.

**DECLARE IT!**

My closest sister superheros are: \_\_\_\_\_

\_\_\_\_\_

I will [call] [email] \_\_\_\_\_

in the next 24 hrs, to share my desires and hear hers.

I will [call] [email] \_\_\_\_\_

in the next 24 hrs, to share my desires and hear hers.

I will [call] [email] \_\_\_\_\_

in the next 24 hrs, to share my desires and hear hers.

I will [call] [email] \_\_\_\_\_

in the next 24 hrs, to share my desires and hear hers.

# Have it now

When athletes are getting ready to tackle a big game, their coach will have them focus on the goal and train-train-train. Yes, we have to stay dedicated to our goals and yes, we have to stay in action.

But there's a secret weapon that nearly every winning athlete uses:

## **Visualization**

Allow me to be your coach for a moment, as we step into your future! I want you to really visualize what it will be like to WIN.

### **How will it look, smell, feel and taste when you're "crossing the finish line"?**

When you visualize achieving your goals - whether it's a trip to Spain, feeling great in your swimsuit or starting a new business - it creates 2 powerful effects:

1. You begin to energetically align yourself in the direction of your desires, placing you firmly on the path of having what you want and helping you intuitively see your next steps to take.
2. Your brain starts to re-wire, "coding" your goal as doable, meaning you actually begin to believe (if only subconsciously) that your desires are not only possible, but are absolutely have-able.

## **DECLARE IT!**

When I achieve my goal of \_\_\_\_\_

\_\_\_\_\_

I envision \_\_\_\_\_

When I achieve my goal of \_\_\_\_\_

\_\_\_\_\_

I envision \_\_\_\_\_

When I achieve my goal of \_\_\_\_\_

\_\_\_\_\_

I envision \_\_\_\_\_

## Schedule it in

If you want a life you love, you have to start loving your life.

Have you ever heard yourself say “one day...”, “someday...”, “I hope...” or “I wish...”? Now’s your chance to stop waiting. Schedule in that hot date, the mini-vacay or the volunteer trip. “Someday” is today.™

Open your calendar right now and let’s plan. No joke.

### **DECLARE IT!**

Desire: \_\_\_\_\_

To be fulfilled on: \_\_\_\_\_

Desire: \_\_\_\_\_

To be fulfilled on: \_\_\_\_\_

# Start the journey

Visualization is a key component to creating a life that you love, and so is action.

There are many things you will have to do to achieve your goals and it's unlikely you can see every step now. What's important is that you start, and the path will become clearer as you move along it. Let's focus on the first few baby steps...

NOTE: Keep your steps small so you can succeed! My rule of thumb is that each step should take less than 15 minutes to complete. If your steps are too big, it'll be easy to procrastinate, make excuses and stop before you've started.

## DECLARE IT!

Desire 1: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

Desire 2: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

Desire 3: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

Action: \_\_\_\_\_

# In honor of sisterhood

## Let's stay connected!

If you've enjoyed the Take Flight Action Guide and it has helped you in any way, please take moment to leave a [comment here](#).

Sisterhood is the best space to support a woman's freedom, and I look forward to being in sisterhood with you. Thank you.

## If you enjoyed this, please share it!

If you know women who'd enjoy this, please spread the love. You can use the social buttons below, or send your sisters to download the Take Flight Action Guide [here](#).. Please do not forward along this copy, as it is just for you, my dear Sister. Thank you.

*Nisha*

Share:    

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