

# 5 Day Challenge

## OPT-IN Funnel

### LANDING PAGE

Do you often wonder why you can't have the relationships and experiences you want?

Do you feel like there's an invisible barrier between you and all that you desire?

Do you wish you could hack your brain to think better thoughts and provide you the confidence you need to go after what you want?

Well — there is!

My name is Nancy Gentle Boudrie, and my awakening process started while I was running my own insurance agency. I just had my second baby, and I woke up one day and didn't even know who I really was. Filled with overwhelm and unfulfillment, I knew something needed to change, and through my self-evolution and self-discovery process, I did.

And now it's your turn.

In this 5-Day Challenge, I'll teach you all about the power of your mind and how to use it to heal your body, strengthen your relationships, increase your self-worth and change your life.

It's all waiting for you, so click here to sign up [LINK].

### SALES EMAILS

#### EMAIL #1

**SUBJECT: Day #1: Understanding Mind > Matter**

Hey, [FNAME]!

First of all, I want to welcome you to the 5 Day Challenge. I'm THRILLED you signed up and decided to take the first step into having more self-awareness / figuring out what the heck is going on in your brain. 🧠

Let's dive in, shall we?

Today we're going to talk about the matter *of your mind* and what exactly it's made up of. And to do that properly, I'm going to give you a mini science lesson.

I know you remember learning that as humans, we are basically just a bunch of molecules, protons, electrons, and neutrons. We all dozed in and out of that lesson, right? 😊

Well what your science teacher failed to mention is that **all of those molecules you're made up of vibrate!**

Now when your vital life force energy is vibrating high, you are at your optimum best. But when it's low, you are either physically ill or mentally and emotionally out of balance.

This vibration is influenced by mental and emotional trauma throughout your life.

And just FYI — you don't have to be a Vietnam Vet to experience trauma. The cells in your body hold on to every unsettling experience like a computer holds on to data.

That phenomenon is called **cellular memory**, and it's the basis of everything we're going to learn about being aware of our thoughts so we can reprogram them to live the lives we want.

Sound good? Great! That's all for today. Check your inbox tomorrow for your next lesson: **Uncovering Emotion Currents**.

Talk soon!

[sig]

## **EMAIL #2**

**SUBJECT: Day #2: Uncovering Emotional Currents** 🧠

It's Day 2, [FNAME], and we're talking emotional currents!

Now, you might be asking yourself two things:

1. Is there going to be another science lesson?
2. What is an emotional current?

I'm happy to report that there are zero science lessons today, and that emotional currents are super easy to understand.

Basically, your underlying emotional current is your subconscious mind. It's the part of your brain that you're unaware of despite the fact that it's constantly running the show of your life.

Our subconscious mind operates based on limiting beliefs we've picked up, most of which happened during childhood. It's where we learn things like "everybody leaves me when I cry" or "I never get picked to be on the team" and internalize them for so long that we believe them to be absolute truths.

But they're not. At their essence, they are just unhelp and heartbreaking thoughts that need to be rewired and tossed in trash.

So why isn't everyone doing that? Well my friend, some of these beliefs are so ingrained in our subconscious that they're nearly impossible to identify without the right tools.

Which is exactly what we'll go over in tomorrow's lesson: Identifying Sabotaging Thoughts.

Get excited!

[sig]

### **EMAIL #3**

#### **SUBJECT: Day #3: Identifying Sabotaging Thoughts**

Ready to start retraining your brain, [FNAME]? Great! Let's get started.

As you now know:

- You're made up of molecules that are vibrating ALL the time — and the level of vibration you're in (low/high) determines how you feel physically in your body.
- Your subconscious mind runs the show of you life (AKA how you see your world) and it is more likely than not, running it based on messed up beliefs about your self-worth you learned in childhood.

Now that you've got the basics down, let's talk about how you can uncover the emotional currents (or limiting beliefs your subconscious is using for fuel) by identifying sabotaging thoughts.

I'm willing to bet you're *very* familiar with those.

**Sabotaging thoughts are the little, nagging, bullying voices in our heads** that love to remind of us of how terrible/stupid/unattractive/annoying/other negative attribute we are.

They hold us back from doing what we love and being who we want to be.

Which is why it's essential for us to take control of them if we ever want to live a life of joy.

It works like this:

Something external triggers an inner emotion from your subconscious > a thought from that gets created > which, in turn, creates a perception > which then lines up our reaction or response > which then creates our experiences

As you can see, the true power lies in mindful awareness, or the ability to pay full conscious awareness to whatever thoughts, feeling and emotions are flowing through your mind without harsh judgment and criticism.

Here are some things to take note of throughout your day:

- How much you live in past and future
- Reoccurring emotions (and their triggers)
- Bodily sensations that occur after you feel certain emotions

As you begin to do this, it's important to remain free of judgment, self criticism and to not overthink or analyze. Be the observer and watch how you show up in your own life movie.

This can be heavy, so please feel free to reach out if you need any additional support or guidance. I'm here.

And tomorrow, we'll dive into Day 4: Connecting The Dots!

[sig]

**EMAIL #4**

**SUBJECT: Day #4: What Level Of Consciousness Are You?**

Welcome to Day #4, [FNAME]!

Today, I'm going to share with you a lesson I learned from studying the work of renowned psychologist and pioneer in the fields of consciousness research and spirituality David R. Hawkins.

It's a tool called — what level of consciousness are you? And you can use it to measure where you're at vibrationally at any given moment.

Think of your mind as a six-story building.

Now I don't know about you, but I want to reside in the sixth floor penthouse with the incredible view of the ocean. However, most of us are living somewhere between the third and fifth floors.

Stairs make it even more difficult to work your way up to the penthouse, so instead we need to work on rising up by using the elevator (AKA, our subconscious mind).

Notice where you are right now. What level would you give yourself? And what underlying thought or belief is keeping you there?

It's your responsibility to maintain yourself above the third floor — and yet so many of us spend time down the basement, reminiscing over past hurt and heartache. Instead, we need to recognize our subconscious beliefs, identify them (and where they originated from) so we can begin to let them go and rewire our brain to expect better things.

And that, my friend, is exactly what we'll go over in Day 5: Rewire Your Brain.

See you tomorrow!

[sig]

## **EMAIL #5**

### **SUBJECT: Day #5: Rewire Your Brain**

[FNAME], we've arrived. It's Day 5 — and we're rewiring your brain!

Well, we're going to talk about the *concept* of it anyway. 😊

Just like your subconscious mind was able easily to pick up beliefs in childhood, you can just as easily reprogram them into something that's more supportive of the life you want to live.

There are a lot of ways to go about this (emotional freedom technique, hypnotherapy, mediation, etc.), but in my 20+ years of self-discovery and evolution, I've found one tool that helped me (and hundreds of other men and women) take control of my subconscious and rewire it for exponential transformation.

Mindfulness-based stress reduction.

In its essence, mindfulness-based stress reduction is an intensive program that trains you to increase your mindfulness to reduce your emotional reactivity and to gain a deeper sense of calm.

It's the basis of my work in my customized, 1:1 coaching program **Rewire & Radiate**.

Now you can begin to practice mindfulness-based stress reduction on your own, but in my experience, it's more effective when done in tandem with the support of a coach.

In my program, I teach you how to understand the energy in the mind, body, and spirit and apply it using personalized tools and techniques to fit your unique needs. It's a 13 session program that will help you build your "mindful muscles" to create a new mindset and energetic imprint.

This 1:1 work is incredibly transformational, and I'd love to invite you to learn more. There are only a few spots left for this next session, so if you want to experience a shift sooner than later, click here [LINK].

[sig]