



BY NATALIE DREGER

The Unstoppable

Woman's Holistic BlueprintTM

Bundle

Natalie Dreger



Natalie Dreger is a powerhouse of purpose, passion, and persistence. As a speaker, coach, and creator, she is on a mission to help women rise into their full potential by embracing their inner strength, keeping the promises they make to themselves, and living with bold, unapologetic purpose.

Born and raised in the small town of Clark Fork, Idaho—where there were no stoplights, no malls, and no Starbucks—Natalie’s humble beginnings shaped her strong values and grounded spirit. It was in that simplicity that she developed a deep sense of integrity, a fierce work ethic, and a belief that true success isn’t about noise or recognition—it’s about showing up, doing the hard things, and choosing growth every single day.

What sets Natalie apart is her unwavering discipline and authenticity. She’s an early riser, a devoted wife (to her childhood crush!), and a proud mom whose greatest inspiration is her son. Her mornings begin with coffee, connection, and a run—regardless of the weather. Snow, sleet, or heat, Natalie laces up and hits the road, proving that the real magic happens when we do what we said we’d do, even when it’s hard.

Natalie believes in clean living, clear boundaries, and surrounding herself with positivity. She has zero tolerance for negativity and a deep commitment to personal wellness, faith, and continual growth. She’s currently pouring her energy into launching transformative programs, writing her book, recording her podcast, and most importantly—walking alongside women who are ready to stop settling and start rising.

Her favorite mantra, “Keep the promises you make,” is more than just words—it’s how she lives. Through every challenge, she reminds herself—and others—that we are strong enough, capable enough, and worthy of a life that lights us up from within.

This workbook bundle is an extension of Natalie’s heart and mission. It’s designed to not only guide you but to empower you—to help you dig deeper, dream bigger, and rise into the unstoppable woman you were always meant to be.



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Introduction

This guide is your invitation to rise.

If you've landed here, it means you're ready to reclaim your power, realign with your purpose, and start living with unshakable strength. This isn't just about bouncing back – it's about rising forward with grit, clarity, and intention.

In the pages ahead, you'll map out your Holistic Blueprint™: a personal framework of rituals, mindset tools, identity shifts, and purpose-driven goals designed to make you unstoppable.

You don't need to be fixed.
You need to be activated.
Let's begin.

This Guide Is Your Invitation to Rise

If you've landed here, it's not by accident. You're here because you're ready—ready to reclaim your power, realign with your purpose, and start living with unshakable strength. This isn't just about bouncing back from what's been hard. This is about rising forward—with grit, clarity, and intention.

In the pages ahead, you'll begin building your Holistic Blueprint™: a personalized framework rooted in rituals, mindset tools, identity alignment, and purpose-driven goals. This isn't about doing more. It's about becoming more aligned with the woman you were always meant to be.

You don't need to be fixed.
You need to be activated.

This guide will challenge you to think deeper, choose boldly, and show up as your highest self. There's power in your story, strength in your journey, and purpose in every step you take from here.

You're not here to play small.

You're here to rise.

Let's begin.

— Natalie ♥

Let's Start



SECTION 01



Rise Rituals



Build Daily Momentum and Mental Grit

Daily habits don't just create change – they build the foundation for a powerful, grounded identity.

This section helps you create your own Rise Rituals that are doable, meaningful, and energizing. We're not adding more to your plate – we're upgrading what already exists.

Habit Stacking:

- Stack powerful habits onto existing ones.
 - Example: While brushing your teeth, speak 3 affirmations.
 - After making your bed, write 1 sentence of gratitude.
 - While making coffee, visualize your future self.

The "One More Thing" Rule:

Each time you finish a task, ask:

"What's one more thing I can do to support my growth today?"

- Move your body for 5 minutes.
- Step outside for fresh air.
- Text someone who lifts your spirit.

Cocoon Mode Is Okay:

You don't have to be "on" all the time. Rest is part of the rise. What matters is intentional withdrawal – not avoidance. Ask: *Am I retreating to recharge or to hide?*

Create Your Rise Ritual Blueprint:

- My Morning Anchor Habit: _____
- My Midday Reset: _____
- My Evening Wind-Down Ritual: _____
- When I feel off, I will: _____

SECTION 02



Reset Boundaries

Protect Your Energy and Prioritize Your Peace

Boundaries are not walls – they are bridges back to yourself.

In this section, you'll define what you will and won't allow into your space so you can make room for growth, truth, and peace.

Reflection Prompts:

- Where am I giving too much? _____
- Who or what drains me the most? _____
- What am I tolerating that no longer aligns? _____

Boundary Language to Practice:

- "That doesn't work for me right now."
- "I need some time before I can commit."
- "I'm not available for that energy anymore."
- "I love you, and I'm choosing something different."

Create Your Energy Filter:

Use this when making decisions:

1. Does this give me peace or pressure? _____
2. Is this aligned with my future self? _____
3. Would my unstoppable self say yes to this? _____

Challenge:

Say "no" one time this week when you normally would've said yes out of guilt or obligation.

SECTION 03



Vision Forward



See Your Next-Level Life Before It Arrives

Your vision pulls you forward – especially when motivation fades.

This section invites you to intentionally imagine and articulate what your unstoppable life looks and feels like. Not someday – but starting now.

Guided Visualization:

Close your eyes and see her – the version of you who lives fully aligned.

- Where is she?
- What does she wear?
- How does she walk into a room?

Write what you saw below.

She is...

Guided Visualization:

- What would I do if I fully trusted myself? _____

- How does the next version of me handle hard things? _____

- What decisions have I been avoiding that are ready to be made? _____

Action Prompt:

Choose one micro-move that your future self would take today. Do it.

Affirmation:

“My future is shaped by the bold action I take today.”

SECTION 04



Holistic Resilience Plan

Activate Mind-Body-Spirit Support

Unstoppable women don't rely on willpower alone – they build systems of support that restore their strength.

This section helps you explore holistic practices that nourish you from the inside out.

Explore These Modalities:

- ☐ Meditation (Start with 5 min/day)
- ☐ Journaling (Write without editing)
- ☐ Red Light Therapy
- ☐ Massage or Bodywork
- ☐ Chiropractic or Acupuncture
- ☐ Breathwork (Box breathing or 4-7-8 method)
- ☐ Grounding (Barefoot in grass or dirt)

Create Your Holistic Routine:

- What time of day do I feel most depleted? _____

- What practice could support me in that moment? _____

- How can I create a 15-minute space to care for myself daily? _____

Choose 2 to Try This Week:

1. _____

2. _____

SECTION 05



Identity Shift



Reclaim and Redefine Who You Are

Becoming unstoppable requires releasing the outdated version of yourself and embracing the woman you are meant to be.

This section is your permission slip to rewrite your story and anchor in a new identity.

Guided Reflection:

- What parts of your old identity no longer serve you? _____

- What labels, expectations, or roles are you ready to shed? _____

- What would your life look like if you stopped trying to be who others expect you to be? _____

Who You Were vs. Who You're Becoming:

Old Identity

I used to... _____

I believed... _____

I feared... _____

New Identity

Now I... _____

I know... _____

I trust... _____



Writing Prompts:

- Write a goodbye letter to your past self with love and gratitude. _____

- Write a welcome letter to your future self as a declaration of who you're becoming. _____

Mirror Work:

Stand in front of a mirror and speak 3 affirmations aloud that reflect your new identity. Begin with "I am..." _____

Anchor Practice:

Create a vision board of images and words that represent your future self. Save it as your phone wallpaper or print it as a daily reminder. _____

SECTION 06



Rising Into Purpose

Design a Life of Meaning and Momentum

Once you've rebuilt your foundation, it's time to rise with intention. This section is about aligning your time, energy, and goals with what matters most to you.

Values Exploration:

- What are your top 5 core values?

- How well are you currently living in alignment with them?

- Where are your values not being honored?

Time and Energy Audit:

- List your top 5 weekly priorities.

- Now compare that list with how you actually spend your time.

- What needs to shift?

Define Your Success:

- What does a successful day feel like (not just look like)?

- How will you measure success on your terms, not the world's?

Life Design Prompts:

- If you could design your dream week, what would it include?

- What hobbies, passions, or relationships do you want to make more space for?

- What does your next level of contribution or leadership look like?

Challenge:

Choose one value-aligned goal and take imperfect action toward it this week.

SECTION 07



Design Your Holistic Blueprint

Bring It All Together

This final section helps you integrate everything you've uncovered into a personalized action plan you can live out every day.

Holistic Blueprint Elements:

- Morning Rituals: _____
- Evening Rituals: _____
- Weekly Reset Practice: _____
- Movement & Nourishment Plan: _____
- Mindset Anchors: _____
- Non-Negotiable Boundaries: _____
- Support System: _____
- Personal Mantra: _____

Your Unstoppable Woman Statement:

Write a bold paragraph that declares who you are, how you lead yourself, and what you are committed to creating from this day forward.

Recommitment Practice:

Read your statement every Monday morning and reflect:

- Am I embodying my Blueprint?

- What do I need to shift this week to stay aligned?

Final Affirmation:

"I am no longer waiting to become her. I already am."

Congratulations.

You've created your Holistic Blueprint. Now it's time to rise.

@NATALIEDREGER1

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. There is no handwriting or other markings on the paper.

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Thank you



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