

THESE
WILD
HUMANS

9-DAY GUIDE TO
UNLOCKING YOUR WILD
POTENTIAL



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INTRODUCTION

Welcome!

By downloading this guide, you have taken a powerful step in a new direction.

You are coming home to yourself. You are healing.

The Wild Humans community is here to hold and support you.

The purpose of this 9-Day Journey is to give you practice holding yourself compassionately, offering you exercises and meditations to practice a new mindset and a new way of being.

Each day has a Meditation, an Inquiry, a Reclamation and a Mantra. Each exercise will probably take you about 15 minutes or less.

Let's begin.



DAY 1:

DISCOVER YOUR INNER WILD

Meditation:

Connect with your inner self.

Inquiry:

What do you desire most?

Reclamation:

Who are you in your wild center?

What are your core values?

What truly drives you?

Action:

Write these things down on paper.

Save them for later.

Mantra:

What I need is within me.



DAY 2:

EMBODYING THE POWER OF NATURE

Meditation:

Imagining yourself in a serene natural setting and ground your energy into the earth

Inquiry:

What is your strongest sense while in nature?

Reclamation:

Commit time once a week (or once a day if possible) to spend time outdoors and immerse yourself in nature's beauty and wisdom, treating nature like a living being.

Action:

Notice which of your senses is most heightened while in nature. If you can, stand on the earth with bare feet and feel the connection to something bigger than you. If you can't, imagine this and how it would feel.

Mantra:

The natural world anchors me.

DAY 3:

IGNITE YOUR PASSIONS

Meditation:

Visualize yourself passionately engaged in your favorite activity or pursuit.

Inquiry:

What do you feel when you are in your passion?

Reclamation:

Set aside dedicated time to pursue your passions and explore new interests. Record voice notes to yourself, or write about how it makes you feel.

Action:

Recall the last time you felt "in flow". Where were you? What was happening? How did it feel?

Mantra:

I am the fire. The fire is me.

DAY 4:

CULTIVATE MEANINGFUL CONNECTIONS

Meditation:

Focusing on gratitude for the supportive relationships in your life

Inquiry:

When do you feel most connected?

Reclamation:

Reaching out to a loved one or someone new who feels like they can have a meaningful impact on you. Express appreciation for who they are and initiate a meaningful conversation.

Action:

Take inventory of your meaningful connections. How have they affected key points in your life?

Mantra:

I am rooted in myself, so I can be connected with others.



DAY 5:

LIVING IN THE PRESENT MOMENT

Meditation:

Practicing mindfulness and bring your awareness to the present moment.

Inquiry:

Do you live in the moment, or seek the future?

Reclamation:

Engaging in an activity mindfully, savoring each moment without distractions. If your mind wanders, bring it back to focus on what is in front of you.

Action:

Sit down with pencil and paper and doodle or draw anything that comes to mind for 20 minutes. The pursuit is not a piece of art, but a period of zero focus.

Mantra:

I am present in my gifts today, and tomorrow will take care of itself.



DAY 6:

NURTURING YOUR BODY AND MIND

Meditation:

Walk through a self-guided relaxation and body scan to release tension and promote self-care.

Inquiry:

Does your body feel comfortable walking around in the world?

Reclamation:

Choose a self-care activity that nourishes both your body and mind.

Action:

Sit with your feet flat on the ground and imagine your feet growing roots, which travel to the center of the earth and take in all of the energy you need, releasing what you don't need.

Mantra:

I trust my body to take care of me.

DAY 7:

EMBRACING VULNERABILITY AND GROWTH

Meditation:

Cultivate self-compassion and acceptance of your vulnerabilities.

Inquiry:

Does vulnerability feel welcomed or scary?

Reclamation:

Choose to reject a problem > fear > reaction mindset.
Walk into a vision > opportunity > creation mindset.

Action:

Take note of one major thing that needs to shift for you to embrace growth. Leave yourself a voice note about it. Choose someone to be accountable to ask for their support.

Mantra:

I am safe to magnify myself and vulnerably offer my story.



DAY 8:

RECONNECTING WITH YOUR INTUITION

Meditation:

Tune into your inner guidance and access your instinct and intuition.

Inquiry:

What do you hear when you listen to your intuition?

Reclamation:

While listening to your intuition, find something to shift that is guided by intuition and instinct. Make a decision aligned with your authentic self.

Action:

Find a few quiet moments in the day and check in with yourself. What is your inner guide working to share with you and show you?

Mantra:

My soul is my compass of wisdom and compassion.



DAY 9: EMBRACING YOUR WILD POTENTIAL

Meditation:

Visualize yourself as a fully empowered and authentic Wild Human.

Inquiry:

How does this feel different from where you started the journey?

Reclamation:

Create a visual collage, or write a letter to yourself in a year, expressing where you want to be and the commitment you are making to living authentically.

Action:

Make a list of the reasons you feel ready for this and how it can help you shift. Sit with the idea of how that shift will feel in your body.

Mantra:

I accept my wildness. I have come home to myself.

WHAT COMES NEXT

On a simple and complex 9-Day journey, you have chosen to make time to explore who you truly are. You have decided to make space for expansion. You have chosen to write your own story going forward, instead of believing the disconnected narrative which lies behind you.

You have accomplished these things:

- Found your inner wildness
- Embraced the power of nature
- Put fire behind Your passions
- Worked on meaningful connections
- Chosen the present moment
- Given care to your body + mind
- Opened up to vulnerability + growth
- Made a new connection with your intuition
- Started to unlock your wild potential

So, what comes next?

BECOME A WILD HUMAN.

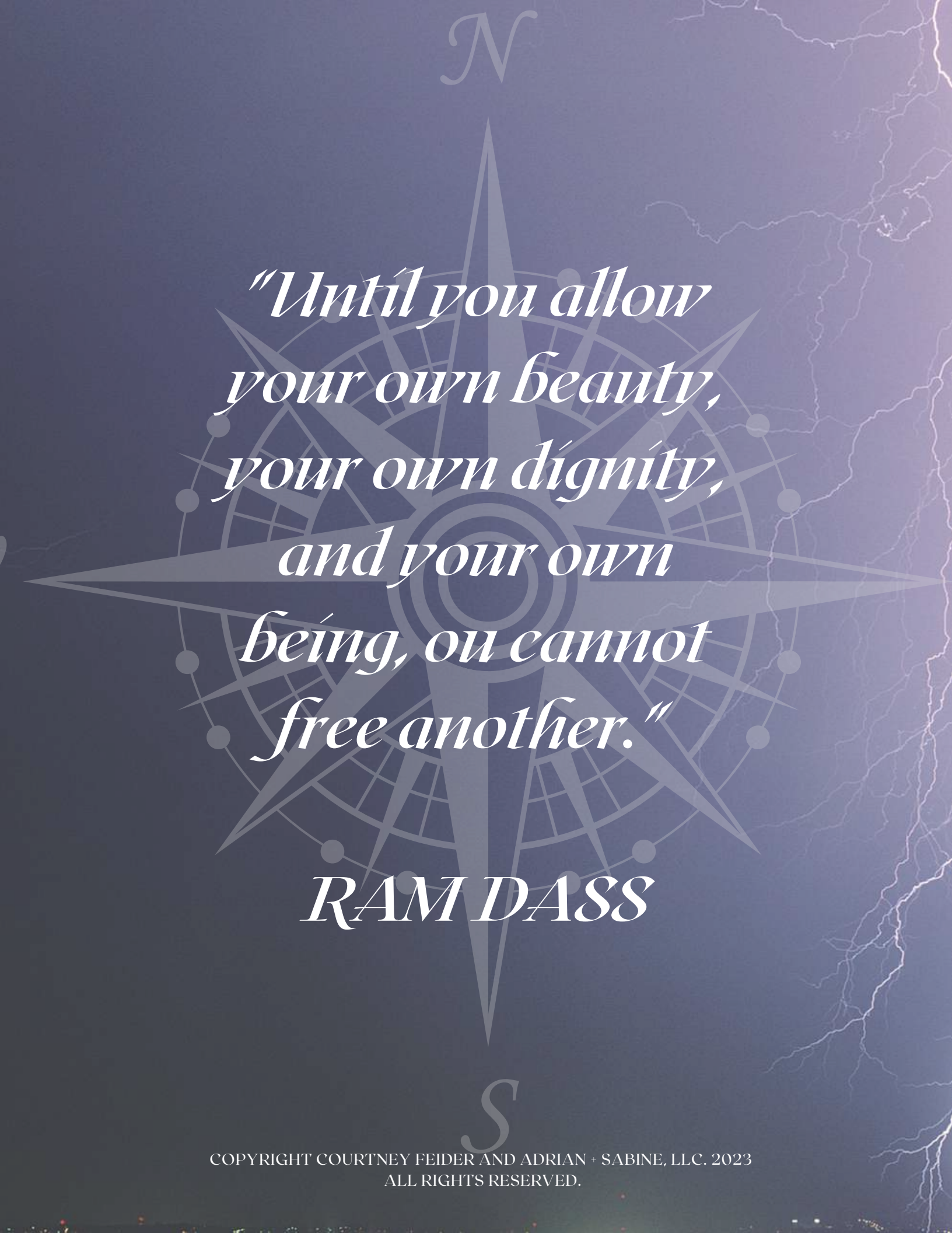
Very soon, we will be opening the **Becoming a Wild Human Self-Guided Journey**.

It is specially designed to help you unlock your potential for a more authentic, fulfilling life.

With approximately 30 days' worth of simple, focused, interactive content this journey walks you through a new way of feeling, understanding, messaging, and manifesting what is meant for you, landing you gently in a space of self-actualization and support.

This work lets you feel legitimately seen, individually supported and guided, and offers you the opportunity to personalize and customize elements of the plan for each section, giving you a roadmap to the integration of this work into your real life.

JOIN THE WAITLIST
and get notified as soon as
the program opens.



*"Until you allow
your own beauty,
your own dignity,
and your own
being, you cannot
free another."*

RAM DASS