

EMBRACE YOUR WOO WOO

wildly, unapologetically you

QUIZ RESULTS
YOUR POWER IS CALLING YOU

Awaken To Your
Inner Warrior





IT IS TIME TO awaken your inner warrior

Hooray! Your Survey results have landed you here...

Your Embrace Your WooWoo survey results have landed you here:

At a time and place when the need to Awaken to your Power is Paramount!

How exciting!

Embrace your WooWoo is all about embracing the part of you that is wild and free and authentic. This is the time to be all you're here to be. There is no more room for complacency and a half-lived life. You are truly the answer to the prayers your ancestors prayed and it's up to you to live out that dream; your dream.

Ask yourself, 'What have I been waiting for?' Be willing to hear the answer to this question.

Your WooWoo awaits you. She beacons you to rise up and live your life fully.



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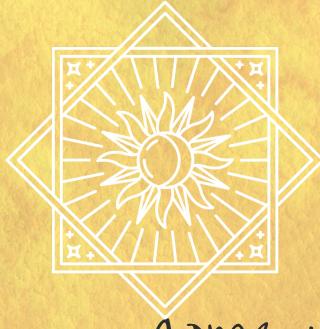
"What drains your spirit drains your body.
What fuels your spirit fuels your body."

— Caroline Myss

Awaken Your Inner Warrior is about gaining clarity on where you give away your power and what you can do to establish clean and healthy boundaries in all aspects of your life.

"You do not need any more strength. You need only to realize how strong you already are."
~ Vironika Tugaleva





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Come with us on a journey for the next few moments.

Take a moment to contemplate to what or whom have you given away your power?

Let me give you an example of what it means to give your power away:

You're maybe not feeling well, so you show up to work grudgingly. Your co-workers and boss are all aware that you're not well. One co-worker approaches you and begins telling you all the ways you need to feed your body to get better and suggests that you've been eating wrong all along.

You receive this information and tell them they must be right (because you've never seen them sick) and proceed to do exactly what they've suggested even though your gut is leading you in another direction.

This is one example of a way that we subtly give away our power of discernment, inner wisdom and self-love.



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Now that you're asked if you've given your power away to anyone or anything this past week, did someone or something come to mind? When you think of 'boundaries' what comes up for you? Feel free to jot down any ideas that come to you in the space below.

If this feels uncomfortable or scary or unknown then we're in the right place! Take heed dear Warrior, you are indeed a Powerful, Capable, Strong Woman. Sometimes you just need to remember who you really are.



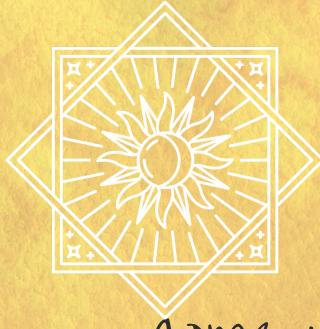
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The focus at this point in your life is about Calling your Power Back Home (where it belongs); establishing good, healthy boundaries; and learning how to stop saying yes, when you really mean NO!

For example: When someone calls you to ask for help moving or cleaning their home, your initial, automated response may be “Sure!”. ...STOP...Breathe.

Now, ask your unapologetic self if it really wants to be in service in this way at this time. If you get a NO from your deep wild Self, then SAY NO! Your Authentic Self may be wanting you to rest your body, or nurture a dream, or have a nap. And it's OK to say YES to Self-love if that's what this wise part of you really desires. Awakening Your Inner Warrior is all about awakening to the wise parts that live in you and defending their worth; your worth. You ARE inherently WORTHY of this kind of love - we are born worthy!



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"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid." ~Audre Lorde

AWAKENING your inner warrior IS ABOUT GETTING UNSTUCK FROM HERE

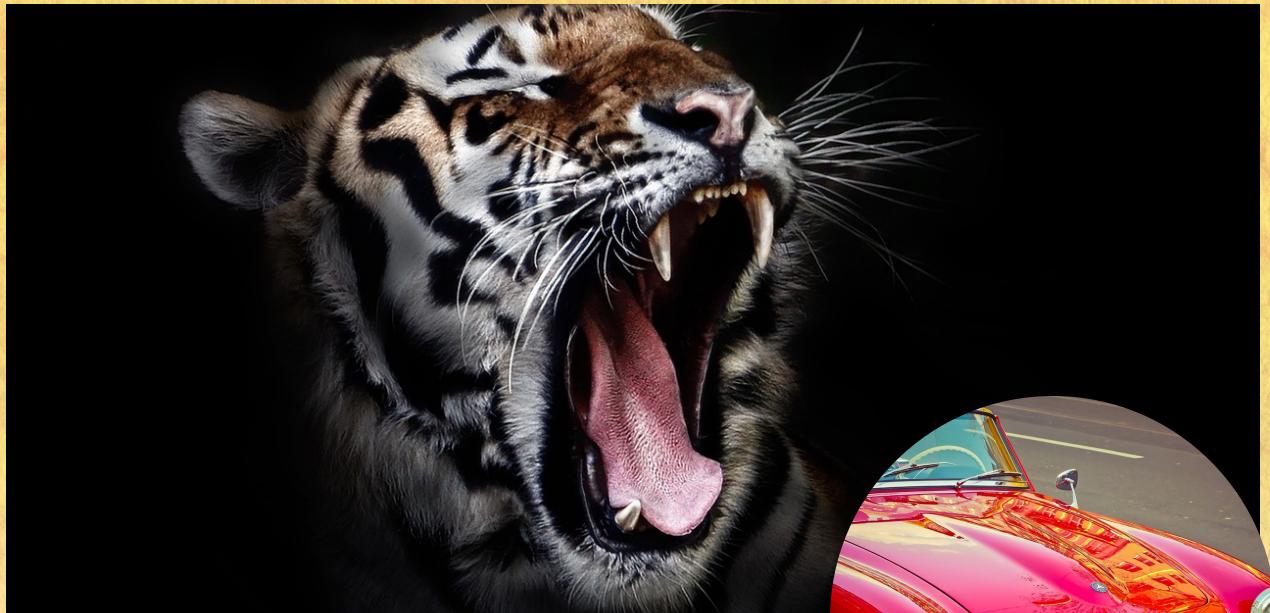




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TO FEELING POWERFUL & CENTERED BEYOND BELIEF



You are Powerful, clear & strong.
You move forward in life with clarity.

EmbraceYourDEPTH.com



IT IS TIME TO awaken your inner warrior

Inspired Actions for your Body & Soul

A healthy gut is a healthy mind! Nourish your gut by incorporating more fermented foods and fluids.

Have you been experiencing indigestion, bowel irregularities, or other stomach complaints? Try keeping a food journal to isolate any particular foods that may be triggering these issues. You can try eliminating certain foods that may be causing any issues.

Whenever you are making an important and conscious decision, listen to your gut! Many researchers have proven that your gut is your second brain and produces many important neurotransmitters. Next time you have to make a mindful decision, take a deep breath and listen to gut, heart and brain.



IT IS TIME TO awaken your inner warrior

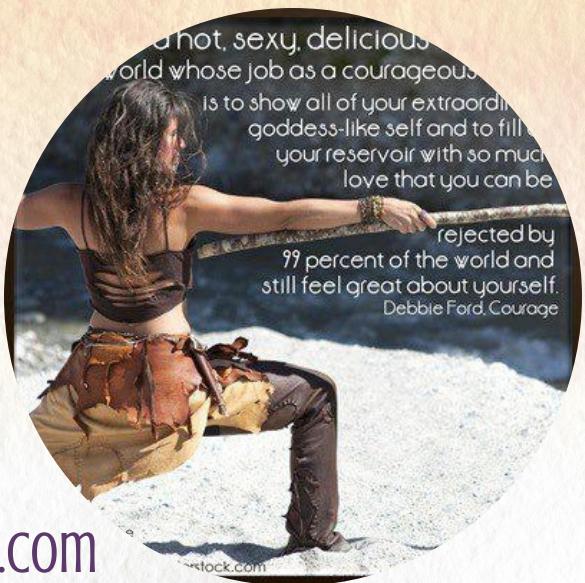
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To tap into your Inner Warrior today and tomorrow (and many more days later if you choose), a simple practice you can apply immediately is to pause before answering any requests on your time/energy/resources - at least 30 sec. Ask your unapologetic self what it really wants to do.

Then respond from that wise place within you; the place that nurtures and values your needs as much as anyone else's.

Join the movement and share the inspiration with hundreds and hopefully thousands of other women just like you, on a journey, and ready to awaken their WooWoo self so they too can fall in love with their Wild Unapologetic Self!

*you are worthy
of respect*





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THE GROW MODEL

Please take this opportunity to think about your inspired action step: What you would like to DO and how you would like to FEEL if you were to start living your life with total freedom to be in your power. To walk through your life with confidence and a sense of knowing that your presence is worthy of respect... what would that look like?

The GROW model is a lovely tool to use to write down your dreams, your goals; or as Danielle Laporte says: Goals with SOUL.

G - Stands for **goals**. What is your desired outcome? Specifically as it pertains to this need to 'nurture your roots'.
R - Stands for **reality**. What have you done so far? Based on the reality of your current situation, is it realistic? What is true about your life right now?

O - Stands for **options**. What could you do? What options are available? What resources are available to help you?

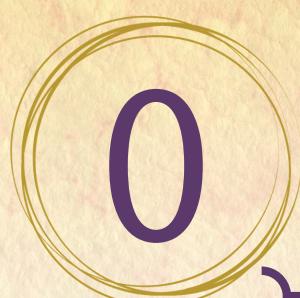
W - Stands for **will**. Commitment to action! When do you want to do this? What will you do? What support do you need?



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THE GROW MODEL

Go ahead, get inspired, dream big and get real with your action step!





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THE GROW MODEL

Now that you have thought about how you want to take an inspired step forward and courageously, one step at a time, do something different to claim this part of you that is holding you back from living your unapologetic life, you can write it out in one sentence or paragraph and share with others to be a part of the inspiration circle. Together we are strong!

MY INSPIRED ACTION STEP IS ...



EMBRACE YOUR
WILDNESS
wildly, unapologetically you



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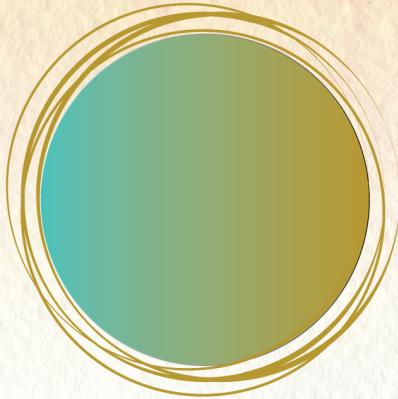
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"Do not go where the path may lead, go instead where there is no path and leave a trail."

~Ralph Waldo Emerson

We invite you to share your inspired action step and join the circle of women AWAKENING to their internal power and authentic selves. This global movement of connection is what's needed RIGHT NOW to change the systems and structures that have kept us all small. It is time to be ALL OF YOU.

TIME TO SHINE YOUR BEAUTIFUL WOOWOO SELF. Time to inspire and lead and live and thrive. Keep an eye out for an email with the next steps & how you can deepen this process ...



Are you ready to
share your inspired
action step?
