



WILD  
*Diary*

"Writing little details  
of your everyday life  
becomes a celebration  
of who you are"



*This Diary Belongs to*

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## *Ground Connect and Protect:*

I am Grounded  
I am Connected  
I am Protected

"I am grounded and protected by the white light of the universe. It flows through me, connecting me to the earth and shielding me with its divine grace. I am safe, supported, and aligned with my highest self."

# Questions?

**What Is Something Personal To You?**

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**What Is Your Biggest Fear?**

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**What Are You Settling For?**

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# Wild Vision

## BUSINESS & MONEY



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## MINDSET & BELIEFS



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## ACTION & GOALS



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# BreathWork

## **Box Breath**

Deep breath in from the belly for 4 hold for 4, release for 4 hold for 4 and do a series. 4:4:4:4 - Make a box

## **Connection Breath**

Deep Breath from the belly in for 4, hold for 7, and out for 8 and do for a series. Also know as postcode breath.

4:7:8



# Body Connection

## Self-Love Empowering Rituals to connect to your body

### Let Your Body Lead:

- Today, move your body in a way that feels freeing—stretch, dance, or run. Notice how the energy shifts as you embrace movement.

### Nature's Embrace:

- Spend a few moments in stillness with nature. What wisdom does the earth share with you today? Let your worries dissolve in the quiet.

### Sensory Nourishment:

- Treat your senses. Whether it's savouring a meal, listening to soul-stirring music, or admiring art, immerse yourself in what makes you feel alive.

### Play for Joy:

- What's one thing you can do purely for fun today? Be fully present in the joy it brings, even in the simplest activities.

# Body Connection

## Self-Love Empowering Rituals to connect to your body

### Body Appreciation:

- Tune in to what your body needs today—whether it’s nourishment, movement, or rest. Replace criticism with love and gratitude for the vessel that carries you.

### Pause & Reflect:

- Schedule a quiet break. Turn off distractions, take a walk, and simply be with your thoughts. What comes up in the stillness?

### Intentional Rituals:

- Infuse small daily tasks with love and intention. Whether it’s a morning affirmation or a mindful moment while folding laundry, make it a ritual of connection.

### Self-Inquiry:

- Today, ask yourself “why” more often. Reflect on your actions and words to deepen your understanding of yourself.



# Chakra Chart

## Divine Feminine Chakra Empowerment

**Mother Earth Chakra: Black/Brown**

**Location: Below the Feet**

**Embody: Ground deeply into the Earth's nurturing embrace. Connect with the energy of nature, and feel the support of Mother Earth beneath you. Lead with stability and resilience, drawing strength from your roots and the Earth's wisdom.**

**Root Chakra: Red**

**Location: Base of Spine**

**Embody: Stand firmly in your power. Feel rooted in your truth, knowing you are safe and supported. Manifest stability and security in all aspects of life, grounded in your purpose.**

**Sacral Chakra: Orange**

**Location: Below Navel**

**Embody: Embrace your sensuality and creativity. Let your emotions flow freely, igniting passion and self-expression. Honor your desires and nurture your creative energy with confidence.**

**Solar Plexus Chakra: Yellow**

**Location: Navel/Stomach**

**Embody: Lead with confidence and strength. Claim your inner power and radiate self-worth. Stand in your authenticity, knowing you are enough and capable of achieving your goals.**

**Heart Chakra: Green**

**Location: Center of Chest**

**Embody: Lead with love and compassion. Open your heart to unconditional love, nurturing yourself and others. Embrace vulnerability as your strength, cultivating joy, empathy, and forgiveness.**

# Chakra Chart

**Throat Chakra: Blue**

**Location: Center of Neck**

**Embody: Speak your truth with clarity and courage. Use your voice to express your deepest desires and insights. Communicate with honesty and integrity, listening with an open heart.**

**Third Eye Chakra: Indigo**

**Location: Between Eyebrows**

**Embody: Trust your intuition and inner wisdom. Lead with vision and clarity, guided by your connection to the divine. See beyond the ordinary, using your imagination to manifest your highest dreams.**

**Crown Chakra: Purple**

**Location: Top of Head**

**Embody: Connect with divine consciousness and embrace your spiritual essence. Lead with a higher perspective, knowing you are part of something greater. Allow divine wisdom to guide your journey.**

**Soul Star Chakra: White/Gold**

**Location: Above the Head**

**Embody: Transcend the physical and connect with your highest self. Lead with divine purpose, channelling universal energy into your life. Embrace your spiritual awakening and the infinite wisdom that flows from the cosmos.**

# Chakra Crystals

Mother Earth: Black Tourmaline, Hematite, Smoky Quartz

Root: Garnet, Red Agate, Ruby dark, Onyx, Moonstone

Sacral: Carnelian, Orange Calcite, Coral

Solar: Amber, Citrine, Yellow Calcite

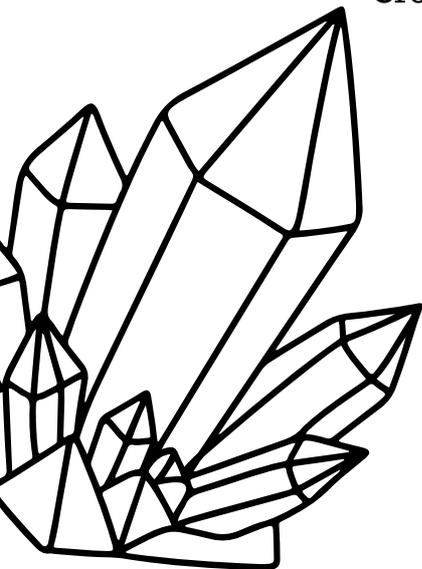
Heart: Emerald, Pink Tourmaline, Rose Quartz, Aventurine

Throat: Aquamarine, Lapis Lazuli, Sodalite

Third Eye: Amethyst, Purple Fluorite

Crown: Clear Quartz, Herkimer Diamond, Moonstone

Soul Star: Selenite, Clear Quartz, Moldavite

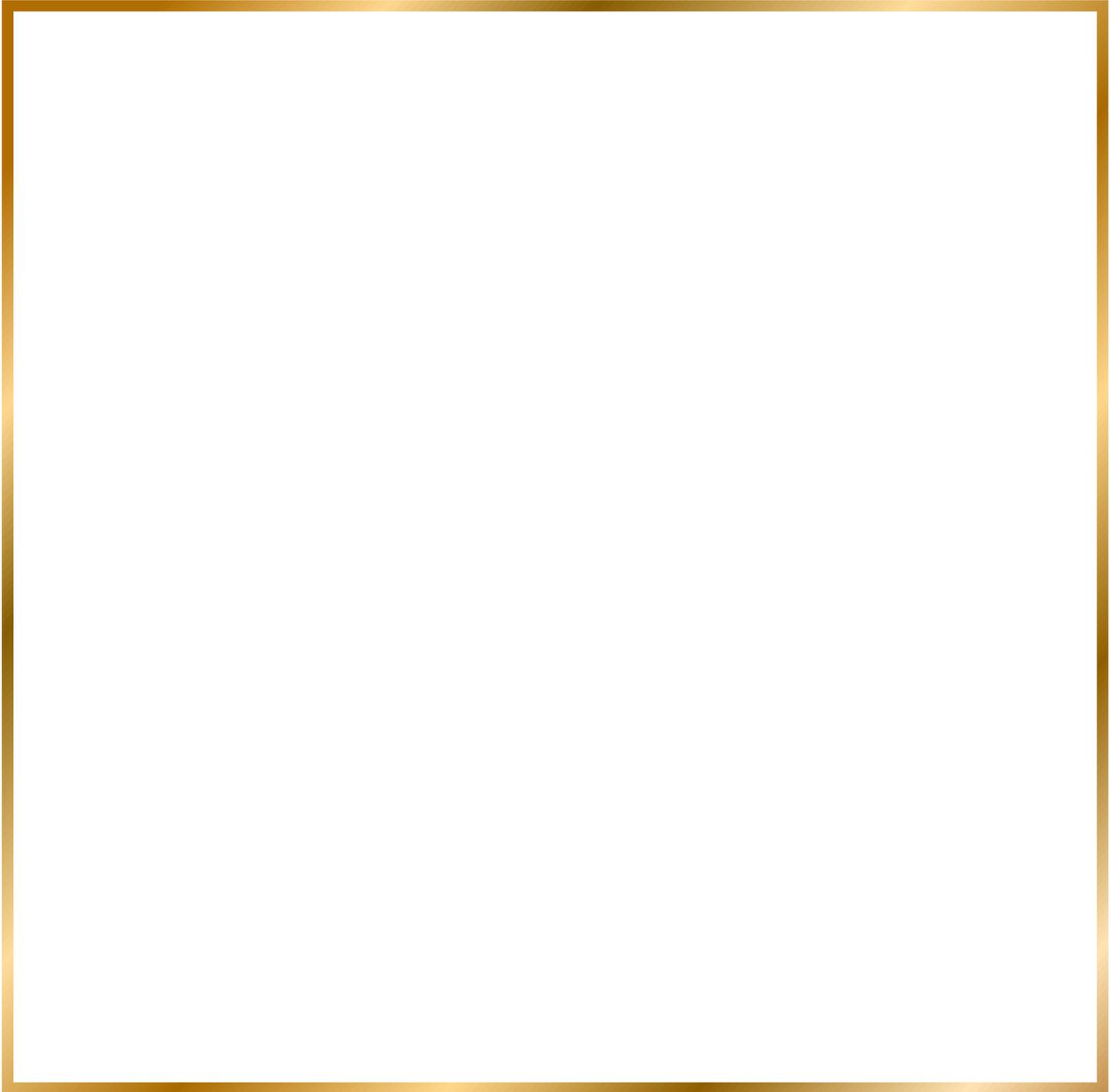






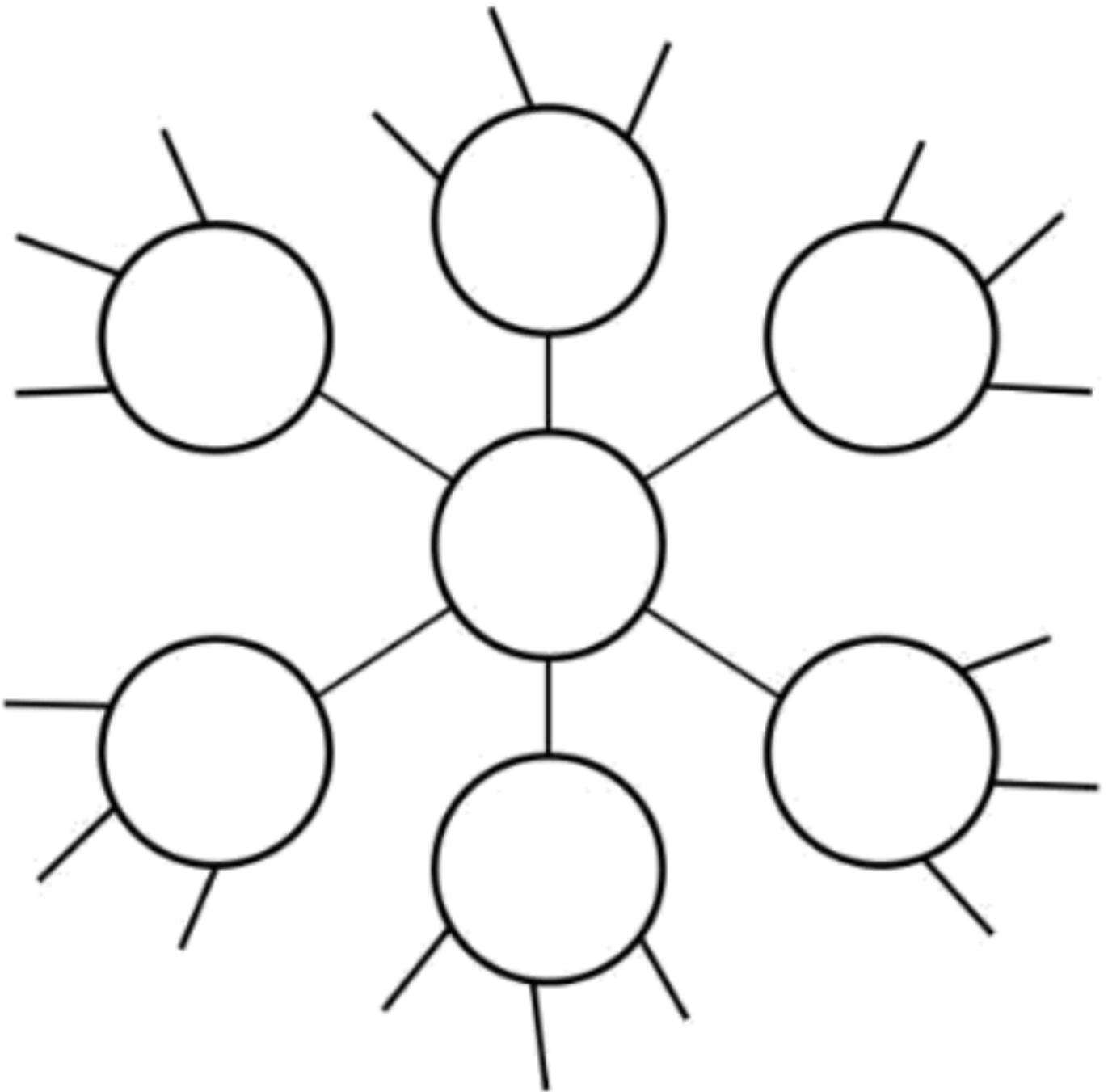


Add a photo of you as a  
child...











# Balancing Masculine & Feminine Energies

## Healthy Feminine

Authentic  
Creative  
Compassionate  
Empathetic  
Grounded  
Intuitive  
Kind  
Nurturing  
Magnetic  
Receptive  
Sensitive  
Trusting  
Vulnerable

## Un-Healthy Feminine

Desperate  
Disempowered  
Insecure  
Low Self Esteem  
Needy  
Overthinking  
Timid  
Victim  
Weak

## Healthy Masculine

Accomplished  
Accountable  
Assertive  
Capable  
Confident  
Disciplined  
Focused  
Giving  
Goal Oriented  
Logical  
Protective  
Responsible  
Secure

## Un-Healthy Masculine

Anxious  
Controlling  
Distant  
Defensive  
Forceful  
Narcissistic  
Perfectionist  
Offensive  
Rigid

Everyone, regardless of gender, has masculine and feminine energies running through them, finding a balance between them is a key to a happy, healthy, fulfilling life.

# Fermi & Mass Energy





9 AM





# Express Yourself

## **ATTENTION**

A catchy first sentence, heading or a statement.

## **PAIN/PROBLEM**

What was going in your life.

## **TURNING POINT**

Why did you reach out to the person that introduced you to your offer/business?

## **PLEASURE/SOLUTION**

Make 3-5 sentences of the top things you love about being apart of our community, group, platform, trainings, team, vision etc.

## **CTA**

If this resonates with you leave me a '#WILDSOL' in the comments and I will share the short X with you today.



DESCRIBE THE WORDS FOR TODAY

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Daily Embodiment

3 THINGS TO BE GRATEFUL FOR

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3 SELF LOVE REMINDERS

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WHAT INSPIRED YOU THE MOST TODAY?

WHAT EMOTIONS HAVE YOU FELT TODAY?



HOW WOULD YOU RATE THE DAY?



3 THINGS TO FOCUS ON TOMMOROW

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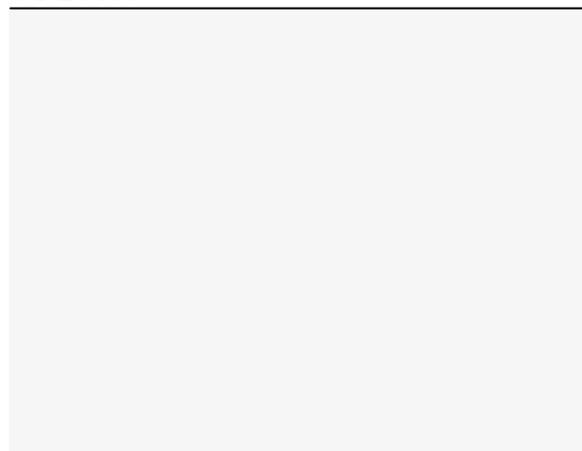


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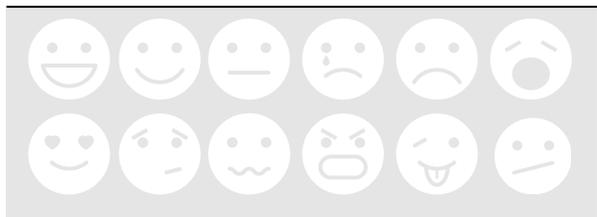
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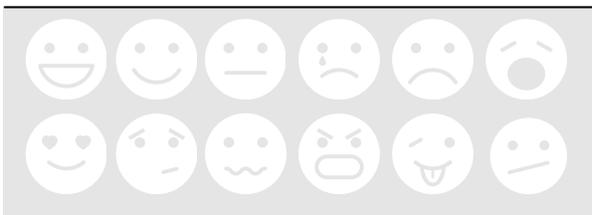
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# Questions?

How have you felt pursuing goals moving forward?

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What habits have you noticed changing?

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What commitments have impacted you the most?

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# Supporting You

## MEDITATION LINK FOR EMPOWERED BELIEFS

<https://www.youtube.com/watch?v=RBF61qQXcJ4>

## I AM ENOUGH SONG FOR DANCE AND CHANTS

<https://open.spotify.com/track/oOyoKoOUaL9vLaq3clYYrW?si=d8a61d9fceed4de7>

or

<https://youtu.be/f-5AghtcouU?si=6oJ-uhlQgdVKMhU8>

## IN PERSON RETREAT EXPERIENCES

I highly recommend attending an in person live retreat experience with Simone Andrews.

You can view her upcoming retreats here

<https://www.thewildsollifestylecollective.com/events-retreats/>



Keep Me Close

