

UNLOCKING THE 5 Secrets of the Wild Awake Woman

*Your guide to a more intentional,
fulfilling, and awakened life, allowing you
to flourish as the Wild Awake Woman you
are meant to be.*



WELCOME

If you've been caught on the relentless hustle train or found yourself living on autopilot, you're not alone. It's all too common in today's fast-paced world. But here's the exciting part: you hold the key to break free from these patterns and embrace a life designed by your deepest desires.

Throughout this series, we'll dive into the hidden wisdom, unveiling the secrets that empower you to step off the hustle train and awaken to a life filled with joy, intention, and purpose.

Whether you're a dedicated professional, a passionate entrepreneur, or someone simply seeking more from life, these insights and strategies are here to guide you. Get ready to tap into your inner wildness, rediscover your passions, and start living life by design. The adventure begins now!

“The old one, the One Who Knows, is within us. She thrives in the deepest soul-psyche of women, the ancient and vital wild Self. ~Clarissa Estes

ABOUT ME



I believe we have an epidemic of highly successful women who have lost their spark because they have bought into society's definition of success. The one that has them riding the hustle train, burning the candle at both ends and ultimately leaving them unfilled, passionless and tired.

Why do I believe this? Because I was one of these women ~ a hustle bunny. I spent my entire life checking off the boxes of what I thought would bring me fulfillment ~ college, career, marriage, children, a nice house, nice bank account and it was never enough to satisfy my need for passion, purpose and fulfillment.

And then came the pivotal moment – midlife. I made a decision that would forever alter my path. I realized that the traditional definitions of success and the way I was "doing" life were not aligned with my true desires.

With a newfound determination, I embarked on a journey of self-discovery, seeking clarity, confidence, and courage. I wanted to step away from the path I thought I should be on and instead, follow the whispers of my soul. This marked my wild awakening.

Laura Marie

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SECRET 3: CONNECTION

Explore the art of fostering meaningful relationships, with yourself, others, and a higher power to deepen your sense of belonging.

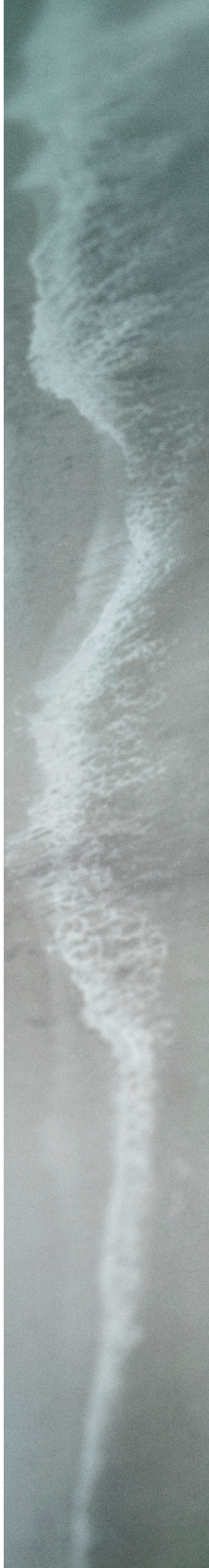
SECTION 4: INTENTIONAL LIVING

Learn how to align your actions and choices with your true values and aspirations for a purpose-driven life.

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Embark on a journey of exploration, curiosity, and risk-taking, rekindling your sense of wonder and excitement for life's adventures.

WHAT'S NEXT



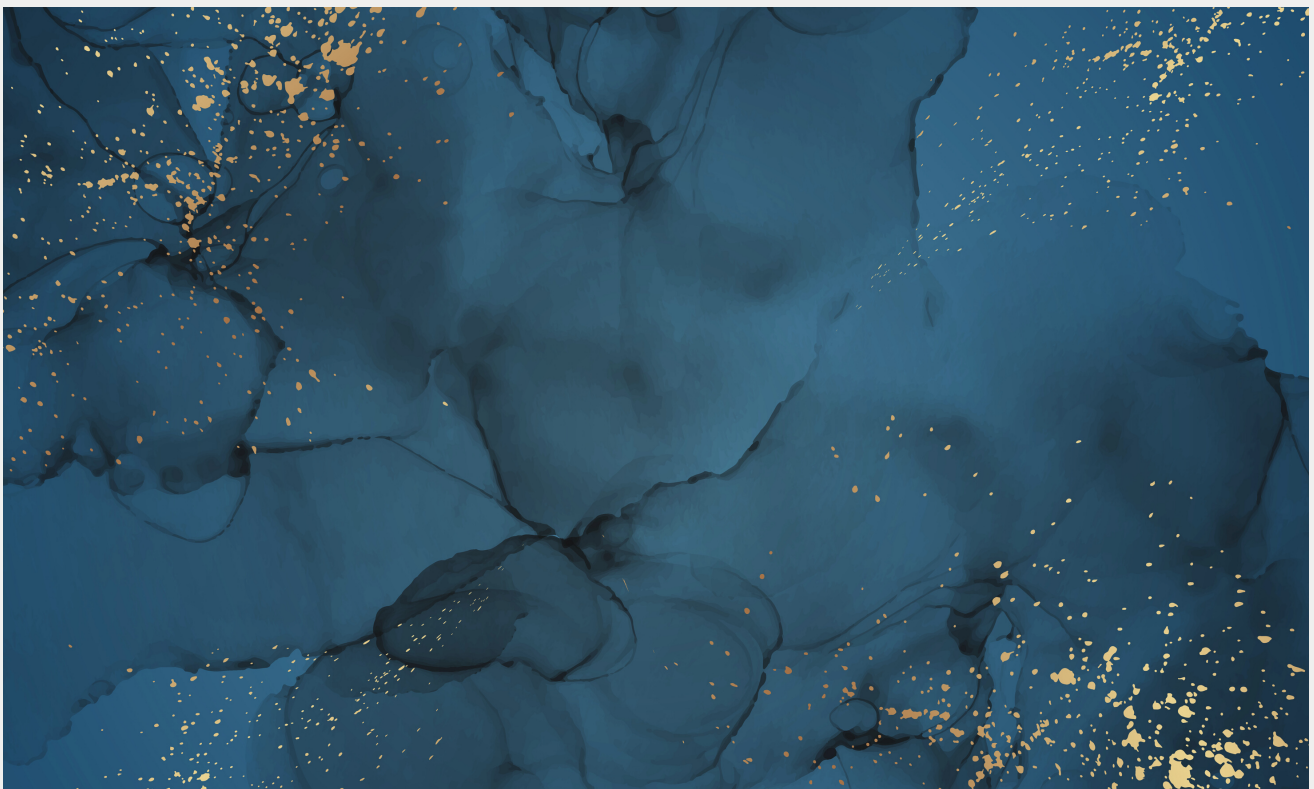
01 SPACIOUSNESS

Welcome to YOUR FIRST Shower Spark. Today is Day #1 of Unlocking the 5 Secrets of the Wild Awake Woman.

Today's Shower Spark is all about Spaciousness - the first Pillar of your wild awakening.

The literal definition of spaciousness refers to the amount of physical space or room that is available or needed.

In a metaphorical sense, spaciousness refers to a state of mind or being characterized by a sense of openness, freedom, and ease allowing you to be in the moment and go with the flow.



SPACIOUSNESS And Your Calendar

In regards to your calendar, it translates to not scheduling yourself to the brink of exhaustion (both personally and professionally). Time is the only resource that is non-renewable. Once we use it, we lose it. Giving yourself permission to pause allows for introspection and a chance to recharge.

SPACIOUSNESS And Your Home

Let's bring spaciousness home, specifically your closet. A spacious closet promotes a sense of calm and tranquility, making the process of getting dressed more enjoyable and less stressful. Imagine walking into your closet that is full of just your favorite things, ready and waiting to effortlessly dress, reducing the overwhelm and instead, inviting you into your day.

Spaciousness can be applied to all areas of your home.



SPACIOUSNESS And Your Relationships

Next, consider a relationship that is not beneficial to your well-being.

Applying spaciousness in the relationship gives room for you to prioritize your own well-being and happiness, even if that means letting go of the relationship and moving forward on your own path.

These are just a few areas where adopting spaciousness can allow for personal growth, well-being and the ability to navigate life with a greater sense of ease and grace.

How are you feeling? Have you realized any areas of your life that you'd like to incorporate spaciousness?

There are many benefits to incorporating spaciousness into our lives, including:

Reduced stress: When we feel spacious in our minds and bodies, we are less likely to feel overwhelmed or stressed. We have more mental and emotional room to navigate challenging situations, which can help us stay calm and focused.

Increased creativity: Having a sense of spaciousness can help us tap into our creativity and come up with new ideas. When our minds are free from clutter and distractions, we are better able to access our inner resources and think outside the box.

Improved relationships: When we feel spacious within ourselves, we are better able to connect with others in a meaningful way. We are more present and attentive, which can improve our relationships and deepen our connections with others.

Greater sense of purpose: When we are able to cultivate a sense of spaciousness in our lives, we are better able to focus on what is truly important to us. This can help us clarify our values and priorities, and lead us towards a more fulfilling and purposeful life.

Better physical health: Cultivating spaciousness can help us reduce stress and improve our overall sense of well-being. This can have a positive impact on our physical health, reducing the risk of stress-related illnesses such as heart disease, high blood pressure, and digestive issues.

Overall, incorporating spaciousness into your life can have many benefits for your mental, emotional, and physical health, helping you lead a more fulfilling and meaningful life.

Now that we've explored the concept of spaciousness and its advantages, let's dive into the practical aspect of incorporating spaciousness into your own life. So, **how can you personally integrate spaciousness into your day-to-day routines and experiences?**

Infuse your life with spaciousness today by choosing one of the following activities that resonates with you. If none of the following ideas resonate, come up with your own.

- 01 Pick ONE area of your home—drawer, closet, under the bathroom sink, glove compartment, and declutter it
- 02 Unfollow people and accounts on your social media, emails you want to unsubscribe from to create spaciousness on your feed and inbox.
- 03 Look at your calendar and block out time that is just for you with no agenda.



True freedom and fulfillment come from living with spaciousness – an open-hearted acceptance of life's vast possibilities. - Sharon Salzberg

02

WELL-BEING



Well-being doesn't happen by accident. It's a result of conscious choices and intentional actions that create a life in harmony with your physical, mental, and emotional needs."

- Brian Tracy

Welcome to Shower Spark #2 of Unlocking the 5 Secrets of the Wild Awake Woman.

The second Pillar of your wild awakening focuses on Well-Being ~ physically, mentally and spiritually.

As you integrate spaciousness into your daily lives, you create the opportunity to prioritize well-being.

The Well-Being Pillar encompasses your mental, physical, and spiritual dimensions, serving as a crucial component of your holistic wellness.

While I don't know you personally, I would venture to guess that you are spending your life in depletion mode, anything but nourished. You are busy taking care of everyone else. Everyone else can include your family, friends, colleagues, and even your career or business.

Where are you on the list? Are you even on the list at all?

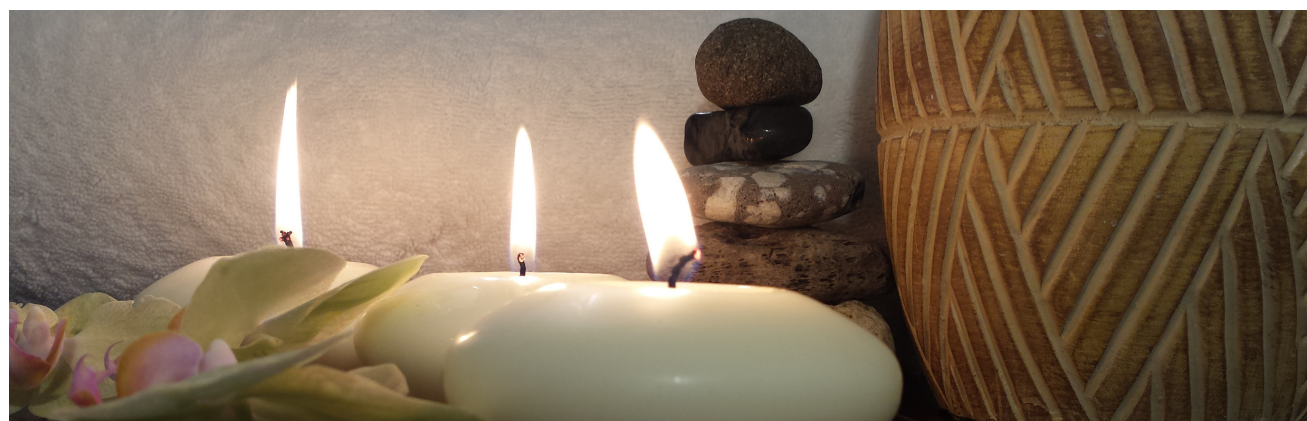
Neglecting to prioritize your own well-being (yes, I emphasize putting yourself first) takes a toll on your physical, mental, and emotional state.

Before we get into the nitty gritty of being nourished, let's talk about the elephant in the room. And no, it's not that you don't have enough time. We just worked through that in Shower Spark#1 - Spaciousness.

I'm addressing the notion that self-care is considered selfish. I agree that **self-care is indeed selfish, but in a positive and beneficial manner.**

By prioritizing yourself, you have the opportunity to replenish your own cup, allowing for a consistent and sustainable flow of energy. This re-energized version of yourself now has the energy to pursue your passions, tackle challenges, and embrace life's opportunities with vigor.

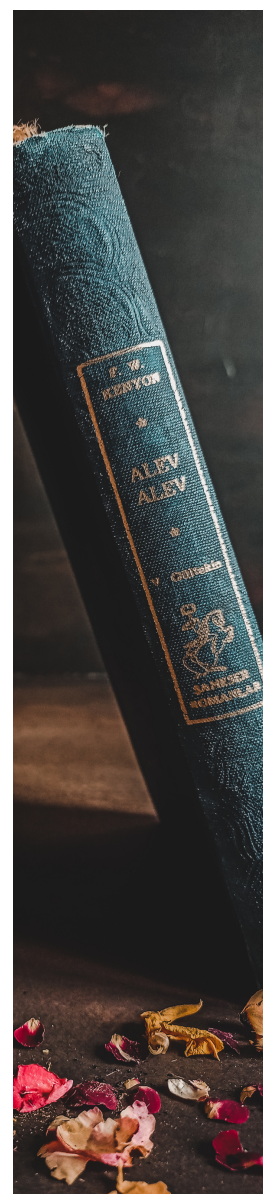
Now, let's dive into the three aspects of well-being: mental, physical and spiritual.- mental, physical and spiritual.



Mental WELL-BEING

Mental Well-Being refers to the activities and practices that support and enhance your cognitive well-being, mental health, and overall psychological growth. It involves engaging in activities that stimulate the mind, foster learning, and promote mental clarity and resilience. Mental well-being can take various forms, including...

- Learning and intellectual stimulation to expand knowledge and keep the mind active.
- Mindfulness and stress reduction cultivating a calm and centered mental state, reducing stress, and promoting emotional well-being.
- Emotional intelligence and self-awareness to enhance interpersonal relationships, navigate challenges, and promote mental resilience.
- Creative expression to express oneself, foster self-discovery, and promote mental well-being.



The greatest wealth is mental peace and good health.
- Lailah Gifty Akita

Physical WELL-BEING

Physical Well-Being refers to the process of providing the body with the essential nutrients, sustenance, and care it needs to thrive.

It involves adopting a balanced and nutritious diet that includes a variety of whole foods such as fruits, vegetables, grains, lean proteins, and healthy fats.

Physical Well-Being also encompasses maintaining proper hydration, engaging in regular physical activity or exercise, getting sufficient rest and sleep, and practicing good hygiene.

By taking care of our physical well-being, we support the optimal functioning of our body systems, enhance our energy levels, promote overall health, and contribute to a stronger and more resilient body.



Take care of your body. It's the only place you have to live. - Jim Rohn

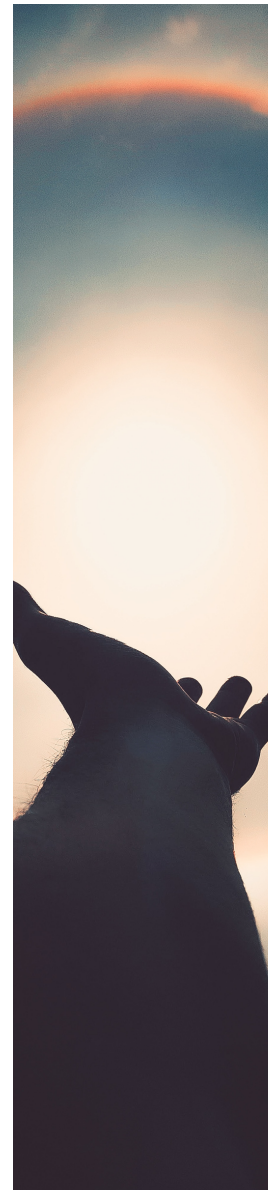
Spiritual WELL-BEING

Spiritual Well-Being refers to the sustenance and enrichment of one's inner self, beliefs, and connection to something greater than oneself.

It involves practices, experiences, and reflections that deepen one's sense of purpose, meaning, and inner peace.

Spiritual Well-Being can be found through various activities such as meditation, prayer, contemplation, mindfulness, engaging in religious or philosophical practices, spending time in nature, and fostering a sense of gratitude and compassion.

It is a way to nurture the spiritual aspect of our being and find solace, guidance, and inspiration in our journey of personal growth and understanding.



Spiritual well-being is the art of nurturing your soul, finding purpose in life, and connecting with the infinite wisdom of the universe. - Deepak Chopra

Having explored well-being and its benefits, let's dive into the practical implementation of integrating it into your daily life.

Here are a few ideas on how to incorporate well-being into your day-to-day routines and experiences.

01 Curate your social media feed to show things that inspire insight, beauty, fun, playfulness and creativity. The action step is to unfollow anything that doesn't light you up or makes you feel bad. Bonus points if you just get rid of your social media for these 5 days entirely. It'll still be there if you want it when you are done.

02 Incorporate at least 10-minutes of your favorite type of movement into your day ~ yoga, dance, gym time, a walk in nature.

03 Set aside thirty minutes prior to starting your day...go for a walk, meditate, work out, journal, and drink coffee/tea in silence.





03

CONNECTION

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Connection gives purpose and meaning to our lives.

~ Brené Brown

Welcome to Shower Spark #3 of Unlocking the 5 Secrets of the Wild Awake Woman.

Now that you have embraced spaciousness in your daily life and begun nourishing your mind, body, and spirit, **today we will explore the 3rd Pillar of your Wild Awakening - Connection.**

Connection can be defined as the inherent relationship between a person, thing, or behavior and someone or something else.

Connection encompasses three essential aspects: the connection with oneself, the connection with others, and the connection with a higher power or greater sense of meaning.

CONNECTION to Self

Having a connection to oneself means developing a deep and authentic relationship with your own inner being. It involves cultivating self-awareness, self-acceptance, and self-love. This connection entails understanding your values, desires, strengths, and weaknesses, and embracing your true identity..

Connecting with oneself involves practicing self-care, engaging in activities that bring joy and fulfillment, and nurturing your physical, mental, and emotional well-being. It also means setting boundaries, honoring your needs and preferences, and listening to your intuition

By developing a strong connection to oneself, you gain clarity, confidence, and a solid foundation for personal growth. It allows you to make choices aligned with your authentic self, cultivate resilience in the face of challenges, and live a more fulfilling and purposeful life.



CONNECTION to Others

Having a connection to others means fostering meaningful and authentic relationships with the people around you. It involves building emotional bonds, cultivating empathy, and engaging in open and genuine communication.

Connection to others entails actively listening to them, seeking to understand their perspectives, and showing compassion and support. It involves being present in their lives, celebrating their successes, and providing comfort and encouragement during difficult times.

Creating connections with others also means nurturing mutual trust, respect, and reciprocity. It involves building and maintaining healthy boundaries, practicing effective conflict resolution, and fostering a sense of belonging and inclusivity.

Having meaningful connections with others contributes to your overall well-being and happiness. In fact, it's scientifically proven to extend your life expectancy by 20-30 years. It provides a support system, a sense of community, and opportunities for growth, learning, and collaboration. It enriches our lives with love, friendship, and shared experiences, making us feel seen, understood, and valued.

CONNECTION to Higher Power

Having a connection to a higher power refers to the recognition and relationship with a transcendent or divine entity, which can vary depending on individual beliefs and spiritual practices. This connection goes beyond oneself and others, reaching towards a greater sense of meaning, purpose, and spirituality.

For some, a higher power may be connected to religious or philosophical beliefs, while for others, it may represent a universal energy, the cosmos, or a deep connection with nature. It involves acknowledging and seeking guidance, solace, and wisdom from a source beyond the physical realm.

Connecting to a higher power often involves engaging in practices such as prayer, meditation, contemplation, or rituals that foster a sense of transcendence and connection to something greater than oneself. It can provide comfort, inspiration, and a framework for moral and ethical values.

Having a connection to a higher power can bring a sense of meaning, purpose, and faith in life's journey. It can provide a source of hope, inner guidance, and a feeling of being part of a larger interconnected whole. This connection offers support, peace, and a deeper understanding of oneself and the world around us.



Now that we have examined the meaning and benefits of fostering connection, let's dive into the practical aspects of incorporating it into your daily life. Here are a few ideas on how to weave connections into your everyday routines and experiences.

Determine one core value that you want to use as a compass on your journey. Try not to over think it, just go with the first idea, phrase or word that pops in your head.

01 Converse, connect, pray to your Higher Power, a God of YOUR understanding.

02 When someone pops into your mind that you haven't spoken to....pick up the phone and call them or shoot them a text.

03 Determine one core value that you want to use as a compass on your journey. Try not to over think it, just go with the first idea, phrase or word that pops in your head.



We are all connected; To each other, biologically. To the earth, chemically. To the rest of the universe atomically. ~ Neil deGrasse Tyson

04 INTENTIONAL LIVING

Welcome to Shower Spark #4 of Unlocking the 5 Secrets of the Wild Awake Woman.

Today, we will delve into the captivating 4th pillar of Wild Awake Living – intentional living, exploring the profound notion of consciously shaping your life with purpose and mindfulness.

By embarking on this thought-provoking journey, you will uncover the transformative power of deliberate choices, mindful actions, and the art of living in alignment with our true values and aspirations.

Through an exploration of intentional living, you will discover the potential to create a life filled with meaning, fulfillment, and a sense of profound authenticity.



Intentional living refers to the practice of purposefully aligning your actions, choices, and values with your personal goals and aspirations. It involves being mindful and deliberate in how you live, making conscious decisions that reflect your priorities and bring meaning to your life.

Living intentionally means taking ownership of your life and actively shaping it according to your values, passions, and purpose. It involves being present in the moment, cultivating self-awareness, and making choices that align with your authentic self.

Intentional living can manifest in various ways, such as setting clear goals, practicing mindfulness and self-reflection, simplifying and decluttering your physical and mental space, nurturing healthy relationships, and seeking experiences that bring joy and fulfillment.

By embracing intentional living, you empower yourself to live a purposeful and fulfilling life, making choices that contribute to your overall well-being, growth, and happiness. It allows you to cultivate a sense of fulfillment, authenticity, and alignment with your true desires and values.

Embarking on the path of intentional living is an empowering endeavor that can bring immense clarity, fulfillment, and meaning to your life. Taking small, intentional actions each day gradually reinforces your commitment to intentional living. Embracing a mindset of curiosity, openness, and self-compassion allows you to navigate the journey of intentional living with grace and flexibility, as we continuously learn and grow.

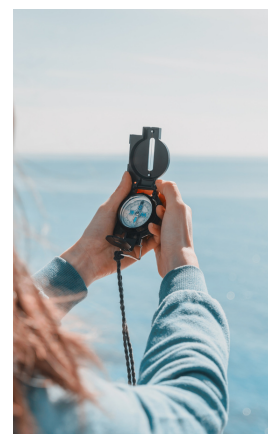
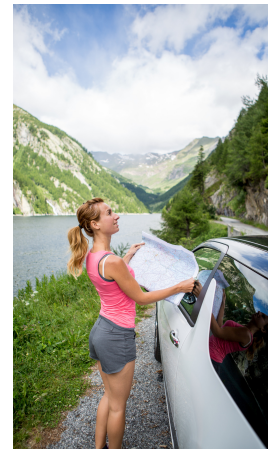
With determination and a willingness to embrace change, you can embark on this transformative journey, shaping your life in alignment with our deepest values and aspirations, and ultimately experiencing a profound sense of purpose and fulfillment.

Intentional living has many facets. Today, pick one activity and start your journey to intentional living. By gradually incorporating more activities over time, you can curate a range of meaningful practices that will bring purpose and mindfulness to your daily lives.

01 When you are making a yes or no decision, pause and remember don't say YES unless it's a full body yes.

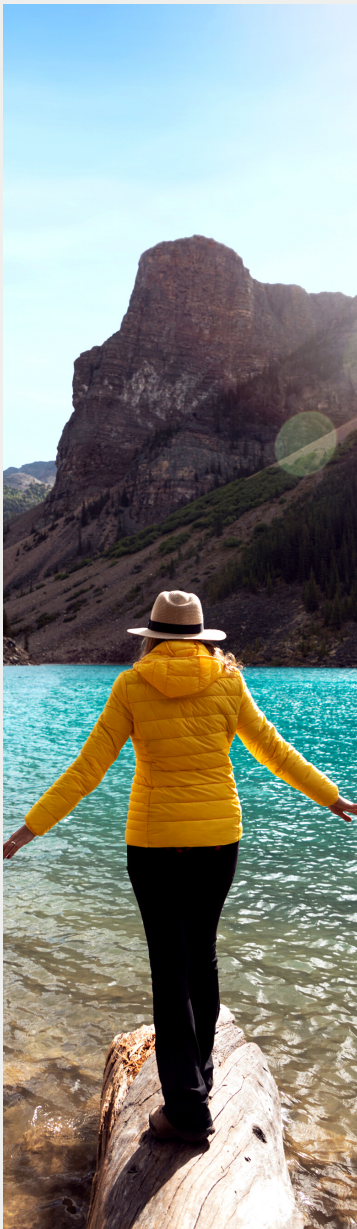
02 Take the core value you selected in Shower Spark #3—connection— and determine ways to incorporate it into your daily life.

03 Take a 15-minute technology and social media break to disconnect, recharge, and foster present-moment awareness. Or, if you are ready to make a big move, fast from technology all together until the end of this 5-Day Mini-Series.



05

ADVENTURE



*Embrace the spirit of adventure and play,
for they are the wings that lift your life to
new heights of joy and discovery.*

- Unknown

Welcome to Shower Spark #5 of Unlocking
the 5 Secrets of the Wild Awake Woman.

**Today marks the culmination of your 5 day
journey as we explore the final Wild Awake
Living Pillar - Adventure.**

Adding adventure to your life means
incorporating elements of excitement,
exploration, and risk-taking into your daily
experiences. It involves stepping out of your
comfort zone, trying new things, and seeking
out novel and stimulating activities.

Think of it like this... life is your very own playground, offering you an ideal space to indulge in the art of playing curious.

When you view life as your playground you suddenly become aware of countless opportunities for exploration, growth, and enjoyment. Just as a playground is a space where children freely engage in joyful activities and games, life presents a similar canvas for us to express ourselves, learn, and discover.

To "play curious" means approaching life with a sense of wonder, openness, and a thirst for knowledge. It involves cultivating a childlike curiosity, where you ask questions, seek answers, and maintain an eagerness and curiosity to learn and understand the world around you. Playing curious encourages a mindset of exploration and experimentation, allowing you to uncover new ideas, perspectives, and experiences.

By embracing a playful and curious attitude, you invite novelty, creativity, and excitement into your life. It allows you to break free from self-imposed limitations, embrace new challenges, and approach situations with a fresh perspective. Playing curious fosters personal growth, expands your horizons, and ultimately leads to a more fulfilling and enriching life experience.



You can plug adventure into your life in many ways.

Travel: Exploring new destinations, immersing yourself in different cultures, and engaging in thrilling outdoor activities like hiking, scuba diving, or skydiving.

Personal Growth: Challenging yourself to overcome fears, pursuing new hobbies or interests, and constantly learning and evolving as an individual.

Spontaneity: Embracing unexpected opportunities and being open to spontaneous adventures, whether it's trying a new restaurant, taking a spontaneous road trip, or saying "yes" to new experiences.

Physical Activities: Engaging in adrenaline-inducing sports like rock climbing, surfing, skiing, or participating in endurance events such as marathons or obstacle races.

Exploring Nature: Venturing into the great outdoors, whether it's camping, backpacking, or simply spending time in nature to reconnect with its beauty and tranquility.

Cultural Immersion: Engaging with diverse communities, attending festivals or events, learning new languages, or volunteering abroad to broaden your perspective.

Adding adventure to your life creates space for personal growth, provides a sense of fulfillment and accomplishment, and helps break the monotony of routine. It can bring excitement, joy, and a fresh perspective, ultimately enhancing the overall quality of your life.

Mini adventures can be found in the simplest of activities. The key is to approach each day with an open mind, a sense of curiosity, and a willingness to embrace the unexpected.

Here are some ideas to add mini-adventures to your life?

01 Explore diverse culinary experiences by trying a new restaurant, experimenting with a new recipe at home, or sampling a unique dish you've never had before.

02 Break the monotony by engaging in spur-of-the-moment activities. It could be visiting a local art exhibition, attending a live performance, or joining an impromptu sports game with friends.

03 Take a different route: Instead of sticking to your usual commute or routine, try taking a different path to work or exploring new streets in your neighborhood. It can bring fresh insights and discoveries.



CONGRATULATIONS AND NEXT STEPS

Congratulations Sister! You did it!! You did it!

You gave yourself the gift of time each day to ignite your inner flame and spark renewed passion, purpose and possibility.

Throughout these five days, **you embarked on a remarkable exploration of your thoughts and emotions.** You witnessed the birth of ideas, the spark of inspiration, and the emergence of new perspectives, all within the sanctuary of your shower.

You delved into the depths of the five pillars of living Wild Awake, unlocking hidden treasures of wisdom and ingenuity. You discovered that the shower, often seen as a mundane daily routine, can transform into a gateway to profound moments of self-discovery and personal growth.

Celebrate yourself for putting yourself first (even if for a few minutes). Embracing the importance of carving out time for yourself, creating space for reflection and creativity amidst the chaos of your daily life. Sometimes the most unexpected places can become havens for inspiration, where ideas flourish and dreams take shape.

WHAT'S NEXT?

The goal of these last 5 days was to ignite your flame. **Now, it's time to fuel it's intensity.** transforming it into a magnificent blaze that will ignite your purpose, passion and possibilities.

**ARE YOU HUNGRY FOR MORE?
CONTINUE FANNING THE FLAMES OF YOUR INNER FIRE!**

Take the leap, embrace the journey, and let the radiance of your inner flame guide you towards extraordinary accomplishments.

**THE CHOICE IS YOURS.
ARE YOU READY TO KEEP FANNING YOUR INNER FLAME?**



RIGHT NOW is the time to seize this opportunity and elevate your journey to extraordinary levels.

Don't let your momentum dwindle.

Embrace the next chapter and unlock the full magnitude of your potential.

Let's Connect

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