

EMBRACE YOUR

WILDNESS

*wildly, unapologetically you*

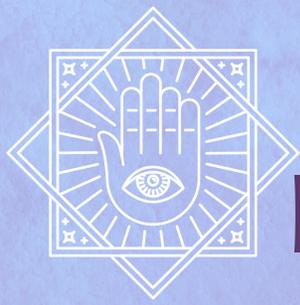
QUIZ RESULTS

YOUR VOICE IS CALLING YOU

*Speak your Truth*



EMBRACEYOURDEPTH.COM



# IT IS TIME TO SPEAK YOUR TRUTH

*Hooray! your survey results have landed you here...*

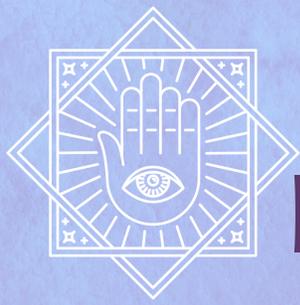
YES! Your Embrace Your WooWoo survey results have landed you HERE:

At a time and place in your life when the need to express your authentic truth, say what needs to be said, and claim your voice are most important!

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.



# IT IS TIME TO SPEAK YOUR TRUTH

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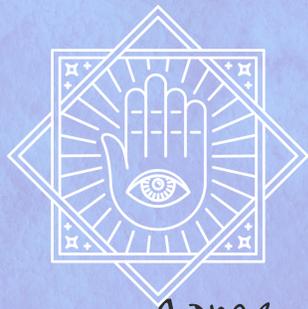
Welcome to this place of unapologetic soul expression.

THIS IS AMAZING! (can you hear us shouting?) We want you to know that we support you here and are shouting right alongside of you, wanting the world to know that what your heart needs to say is so important. Your voice matters. You matter. The world needs to hear what you have to say. Period.

This is all about boundaries, communication, self-expression, self-worth and advocacy.

*Stay true to your self*





# IT IS TIME TO SPEAK YOUR TRUTH

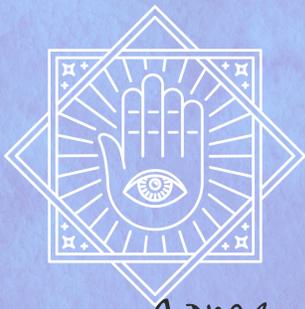
*Come with us on a journey for the next few moments.*

Do you ever find yourself clamming up?

Do you feel at times that you're in a situation and your gut wants to say what you see is wrong about it and nothing comes out?

Do you have a 'nice girl' voice that overrides the desire to speak your truth?

If you've answered Yes to any of these questions, then you're in the right place. Speak Your Truth Is about your willingness to express what your gut and your heart really want to say. It's about listening to your innate wise self and courageously speaking from this place - this place inside of you that knows when a boundary has been crossed; the place that feels the injustice in the world and wants to (needs to) SHOUT OUT STOP! Stop the violence; stop the pillaging; stop the excess; stop the destruction; stop (you fill in the blank).



# IT IS TIME TO SPEAK YOUR TRUTH

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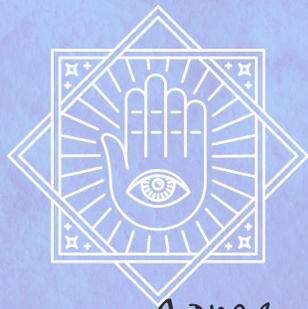
Is there something happening right now in your life that you're not ok with and that you've wanted to speak up against for some time?

The challenge as autonomous, powerful women is to source our power from deep inside our belly and our womb and speak from this place.

Pause here for a moment and imagine that your womb is connected to the heart of Mother Earth. From this place comes immense power. Squeeze your perineum muscles (the muscles between your butt and your clit - yes I really did say that; just roll with me here for a minute). Squeeze these muscles as you imagine powerful red energy and raw power coming up from the heart of Mother Earth. This energy comes right up into your womb and fills your belly with such strength - the kind of strength that is connected to generations and generations of powerful women.

*"Only the truth of who you are, if realized, will set you free." ~ Eckhart Tolle*





# IT IS TIME TO SPEAK YOUR TRUTH

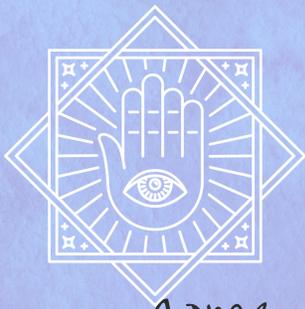
Come with us on a journey for the next few moments.

All those who have stood up before you to end violence and oppression and injustice are around you now. Feel their strength; know that you belong here, as part of this lineage of strength.

*Your Voice Matters*

*The World Needs to Hear What You Have To Say*

Ok sometimes when we start to speak freely it may come out a little clunky. That's ok! Keep doing it. Trust your intuition and your instinctual nature that knows when you can speak up and when it's maybe really not safe to do so. Trust yourself and your wisdom. It's ok to say what you need to say even if someone gets upset by it. It's ok to let the 'nice girl' inside of you take a much-needed break every once in a while so that your truth can be heard. Some won't like it. Speak anyway. Some will run. Be honest anyway. Those who feel the same will stand firmly alongside of you. You will know the kind of freedom that ignites in you realities you've only dreamed of.



# IT IS TIME TO SPEAK YOUR TRUTH

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

Your voice and your words are  
worthy of being spoken.





# IT IS TIME TO SPEAK YOUR TRUTH

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

TO FREELY EXPRESSING YOUR UNAPOLOGETIC SELF





# IT IS TIME TO SPEAK YOUR TRUTH

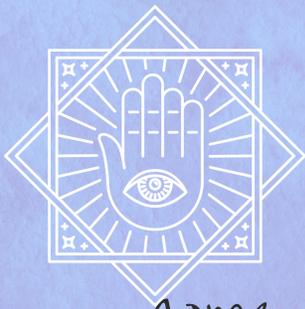
Come with us on a journey for the next few moments.

## Inspired Actions For your Body & Soul

Drink pure, filtered, alkaline water instead of tap water.

Replace table salt with high quality sea salt such as Himalayan salts, Dead Sea Salts, and Sea Vegetables to nourish your body.

Create clarity in your body and spirit with spearmint and peppermint herbal teas and essential oils.



# IT IS TIME TO SPEAK YOUR TRUTH

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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 speak your needs, your thoughts, your desires, your dreams etc. To use your voice in a powerful and meaningful way... 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?



# IT IS TIME TO SPEAK YOUR TRUTH

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## THE GROW MODEL

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

**G**

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**R**

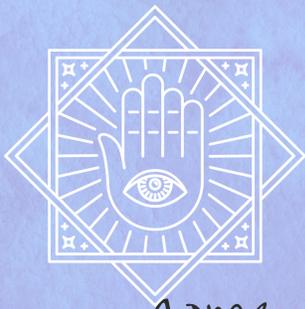
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**O**

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**W**

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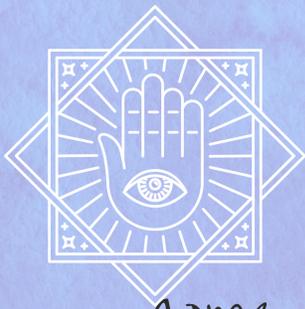
## THE GROW MODEL

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. We can't do this alone; we need each other!

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## MY INSPIRED ACTION STEP IS ...





# IT IS TIME TO SPEAK YOUR TRUTH

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

Stop saying yes, when you really mean No

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 ...

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Are you Ready To  
Share your Inspired  
Action Step?

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