



## *(re)Wilding Promises*

1. **Intention:** I choose to live with intention. I will turn off auto pilot and limit my habitual and unhealthy coping strategies, so that I may show up fully to life for myself and others.
2. **Mindfulness:** I will cultivate self-awareness, inner stillness, and mindfulness so that I may clearly see what needs to change in my life and how I need to grow.
3. **Taking a Stand:** I will take a stand against cultural norms that are making me feel (un)well. I choose to act from a wellbeing mindset and live a lifestyle that is aligned with my values.
4. **Nature-Immersion:** I will spend more time immersed in the kingdom of plants, trees, the earth, the sun, the moon, the stars, and the animals. I will honor them all with wonder & reverence.
5. **Nourishment:** I will eat more local, whole, nutrient-dense, organic food. I will slow down my relationship with mealtimes. I will break bread together with my loved ones as often as possible.
6. **Movement:** I will move my body every day in ways that are most nourishing for me personally. I acknowledge this is as much for the health of my body as it is for the health of my mind.
7. **Rest & Recharge:** I will honor the circadian rhythm of the sun and moon by basking in the light of each regularly, synchronizing my sleep for optimal health, and honoring seasonal changes in my lifestyle.
8. **Relationships:** I choose to be more conscious and heart-centered in my relationships and interactions with others. Even though I may not be perfect at this every day, I will keep trying to love myself more and to be more kind and compassionate toward others.
9. **My Muse:** I will intentionally create the time, space, and freedom in my life to tend to my muse and follow my wildest passions ~ so that I may live my purpose and share my gifts with the world.
10. **The Journey:** I choose to enjoy my journey. I will stop and smell the wildflowers. I will greet fellow travelers with a friendly hello. *I will smile a lot and skip down the road less-traveled.*