



WARRIOR GODDESS

WILD Challenge

Day 6

Fan the flames of pleasure in the face of hardship

What happens when you nourish yourself and stay connected to your pleasure? The whole world opens up. Use these statements to help you see the benefit of true play and possibility even when others are struggling.

When I stay connected to my pleasure (possibility / play) by [insert your own words] I become more available to [insert your own words] so I can [insert your own words].

Examples:

When I stay connected to my pleasure by slowing down to savor food and honor my breath I become more available to the people around me to truly listen so I can respond from the present rather than the past.

When I play by having regular dance parties with friends I become more available to my own wild intuition so I can stay centered in my social activism work.

When I stay in possibility by refraining from going into disaster mind and instead remain curious and dream wild solutions I become relaxed so I can make better boundaries and take down old armoring.

When I stay in pleasure by making regular creative messes I become more available to show up for my two-year old's true needs and hold space for their tantrums and tears more gracefully



WARRIOR GODDESS WILD Challenge

Day 6

Fan the flames of pleasure in the face of hardship

Now it's your turn:

When I stay connected to my pleasure / play / possibility by _____
I become more available to _____ so I can _____.

Action step:

Post your affirmation with the hashtag #WarriorGoddessWild