



Return To Self

WILD EARTH COLLECTIVE



Welcome Wild One

Welcome to The Wild Rebuild.

This isn't self-help with a side of shame.
It's a soul-deep reset. A blueprint for creative, sovereign living.
A quiet rebellion against burnout.
A bold remembering of who you were before the world told you to shrink.

Here, hustle is no longer a virtue.
Softness is power.
Creativity is direction.
You don't have to fix yourself, you get to reclaim yourself.

There are no rigid steps to follow.
Only rhythms that meet you where you are.
Reflections instead of rules.
Reset moves that regulate your nervous system and reconnect you with
your own knowing.

You don't need to have it all figured out.
You just need to begin.
Start where the spark is. Pause when it calls. Return when you're ready.

Let this be your soft exit from a life of survival, and your entrance into a life
of intention, independence, and aliveness.

This is The Wild Rebuild.
You're not lost.
You're arriving, exactly on time.

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Rhythm Check-In

1

When I wake up, I feel...

- A. Like I need a total life reboot
- B. Like I'm holding everything together with gum and grit
- C. Like something wants to wake up but doesn't know how
- D. Like I've outgrown my entire identity
- E. Like I'm ready to create something real

2

My creativity feels...

- A. Lost in survival mode
- B. Dormant but stirring
- C. Ready but unfocused
- D. Restless and rebellious
- E. On fire and looking for fuel

3

When I think about rebuilding my life, I

- A. Want to start from scratch
- B. Feel too tired to know where to begin
- C. Know it has to start with nervous system safety
- D. Want to rewrite every rule I followed
- E. Just need a rhythm to ride

Look at your quiz answers, which letter did you choose the most?

- **The Reclaimer (Mostly A's)** → You're ready to take your life back on your terms. You're clearing old systems, rewriting the rules, and reclaiming your time, energy, and direction.
- **The Restorer (Mostly B's)** → You're worn thin, but not broken. You're seeking nervous system peace, grounded rhythms, and gentler ways of being. This is the season of restoration.
- **The Creator (Mostly C's)** → Your soul wants to make. Not for output, but for healing. You're ready to reconnect with the part of you that speaks in color, shape, sound, and story.
- **The Shapeshifter (Mostly D's)** → You're in between selves. Something old is falling away, and something new is forming. You're learning to trust the transition. You're not lost, you're becoming.
- **The Sovereign (Mostly E's)** → You've remembered your fire. You're ready to lead yourself. To create boldly, live truthfully, and move in the world with power and purpose.

Circle your match. Start there. Come back when your rhythm changes, because it will.

Your 7-Day Gentle Recalibration

You don't need a total life overhaul, just a return to rhythm. These seven reset moves are invitations to soften, notice, and reconnect with your energy. Do them in order, skip around, or repeat the ones that speak to you. This is not a task list. It's a nervous system whisper.

our RESET MOVES

RESET MOVES AND ANCHOR PHRASES

1

Turn off all non-essential notifications for 24 hours. Let silence be sacred.
I don't owe constant access.

2

Eat one full meal without distractions. No phone, no screen, just presence.
I nourish myself with presence.

3

Lay flat on the ground and take 3 slow belly breaths. Feel gravity hold you.
My breath returns me to safety.

4

Say no to one task that drains you, even if it's just a mental 'not today.'
I have permission to choose peace.

5

Write a single sentence: 'What I deeply want to feel is...'. Let truth emerge.
My desires are wise messengers.

6

Reconnect with a childhood joy. Watch a favorite cartoon. Draw. Climb something.
Joy is still part of me.

7

Listen to the free guided meditation sessions. Let your system feel supported again.
I am safe to receive restoration.

NERVOUS SYSTEM

Reminders

1

Breathe Low + Wide:
Let your breath expand like a slow sunrise, not to calm, but to come home.
→ Hand on belly
→ Inhale 4, hold 3, exhale 6.
Repeat until presence returns.

Morning Light = Nervous System Gold:
Step outside within 30 minutes of waking. Even 2 minutes of real light tells your body you're safe. Bonus: bare feet to earth if you can.

2

3

Gentle Hydration = Cortisol Relief:
Drink a full glass of room-temp water before caffeine. Add a pinch of sea salt + lemon. This small act says: "Today, I tend to me."

You're Allowed to Slow Down Midday:
Try a 5-minute pause: lay flat, pillow under knees, silent or soft music. Let gravity hold you as your nervous system softens.

4

5

Silence is Medicine, Too:
End your day with 20 minutes of no phone. Stare at the ceiling. Do nothing. Let this say: "I'm not in a warzone anymore."

KEEP THIS LIST NEARBY. IT'S YOUR BODY'S QUIET LANGUAGE OF SAFETY.

NEXT STEPS

Unlock the Wild Earth “Rhythm Reset” Vault

- ✓ Hands-On Tools That Rebuild Your Rhythm
- ✓ Creative Soulwork That Rewrites the Script
- ✓ Guided Meditations That Actually Shift You
- ✓ Cinematic Micro Sessions for Daily Soul Fuel

Access it all in one place → <https://57fb-hello.systeme.io/6a3c8f06>

**THE PATH FEELS LESS
LONELY WITH YOU HERE.**

Thank you



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You don't have to go back to who you were. You just have to return to who you actually are. This isn't a quick fix. It's a quiet exit. A steady return. A soft rebellion. You ready? Good. Let's rebuild.