

# ROAD *map*

## Journey into the Wylde

Wylde  
Beginnings

Wylde  
Reflection

Wylde  
Wellbeing

01

02

03

04

05

Wylde  
Growth

Wylde  
Nurture

01

### WYLDE BEGINNINGS

Think of this as Spring, starting afresh and planning your journey, mapping out opportunities and discovering the real you

02

### WYLDE GROWTH

Mapping your energy levels, working out how to best use your time, resources and energy, understanding what you need to grow

03

### WYLDE REFLECTION

Time to evaluate your key goals and actions, align yourself to your personal mission and reflect on what you are learning about yourself

04

### WYLDE NURTURE

Think of a cosy log fire in winter, time to rest; this is all about self care, self love and self compassion, replenishing and healing yourself

05

### WYLDE WELLBEING

The four stages of the programme lead to this concluding section on acceptance, choosing a life without limits and thriving, not surviving.