

The Wayfinder's Daily Field Guide

A Soul North Resource for the High-Achiever



This guide is your compass for navigating the "Messy Middle" without the Success Script. Use these body, voice and vision resets and rituals to move out of functional freeze and back into your body.



1: The UN-CLENCH: Somatic Awareness

Check any "Success Script" that currently feels like a weight you are carrying:

Your body is the most honest map you possess. When you feel the clench of performance, return to center.

- **Self-Scan for Tension:** Notice if your jaw is clenched, your shoulders are uneven, or your breathing is shallow.
- **The 60-Second Reset:** Use slow, deep belly breaths to move out of stress and into a state of aliveness.

For guided Somatic Reset experiences, please enjoy:

[The Somatic Reset, a 5-minute Audio Gift](#)

[Somatic Sight™: The 5-Part Audio Reset Collection](#)

- **The Nature Anchor:** Spending as little as 30 minutes a week in green space can reduce depression by 9% and lower blood pressure.
- **Physical Balancing:** Stand on one leg (tree pose) to grow new brain connections and restore focus. What we do for one side, do for the other to fortify wholeness (if we stand on the left leg, give the right leg the same opportunity).

2: The UN-RAVEL: Reclaiming Your Voice

Dismantle the stories that keep you playing small. Your free will is greater than any programming.

- **Tuning the RAS:** Program your brain's Reticular Activating System (RAS) to hunt for evidence of your new, limitless belief in yourself. The more you choose to see certain cues, the more your brain seeks them as proof of your reality.
- **The 5-Second Disruptor:** Once you feel an impulse to stretch or create, you have five seconds to take action before your brain pulls the "emergency brake". Go for it it... this is your GUSTO talking!
- **Story Swapping:** Replace belittling Gremlin stories with "Story Swaps" that emphasize expansion and ease.
- **Linguistic Cues:** Swap "I'll try" for "I'm making progress" and "I am overwhelmed" for "I am laser-focused on one task". Your body is listening to the words you choose and orients accordingly. Words about elderly qualities cause us to stoop and feel tired. Youthful words energize us.

3: The UN-BECOME: Rituals for Transformation

The Messy Middle is the fertile terrain of fresh possibility. Stop striving and start wayfinding.

- **Pillow-Time Reprogramming:** Use the moments before sleep (in your Theta brainwaves) to hand-write or visualize your super-powered self. Touch your heart as you breathe in this vision and drift off to sleep.
- **Micro-Movements:** Alchemize momentum by taking one "snack-sized" step daily toward something meaningful. I start my day by scanning my heart-knowing for what feels juicy or most whole? Even if it's as small as stepping outdoors to

look at the stars as I sip a morning brew, it sets the tone for the day's stepping stones.

- **Threshold Rituals:** Create a symbolic ceremony, like writing out a fear and burning it, to witness your own transition. Ritualizing crossing over from one state of being to another honors this shift and allows the space to process it.
- **The Glimmer Gallery:** Collect a virtual folder of images that bring you deep peace or awe to use as an instant reset during the workday. We share Glimmer inspiration on our IG.

Wayfinder's Reminder

Success lives in the gentle return to the path. Again. And again.

How to Use this Guide



1. **Morning:** Pick one **Intention** (e.g., "Softening" or "Be Present") before checking your digital devices.
2. **Mid-Day:** Perform one **60-Second Reset** if you feel the "Success Script" taking over your breathing.
3. **Evening:** Enter your **Glimmer Gallery** to immerse yourself in gratitude and awe before rest.

