



**FREE**

*WILD WOMAN  
ISSUE*

**SPIRIT**

# MEET ASTRID



## WELCOME

Astrid Longhurst is the Founder and CEO of the Institute for Body Confidence Coaching (A transformational Body Confidence & wellbeing Coaching training programme). She is the Author of two highly acclaimed books, “Body Confidence” (Published by Penguin) and “Romancing your body.” Astrid is an expert on Positive Body Image/confidence, Emotional & Mindful Self-management & Energy Psychology.

Her expertise is called upon by many magazines and the media where she provides expert comment. She is also an inspirational speaker and has delivered her talks at The Mind Body Show at the RDS Dublin & London & the Nurses Conference UK. Her work has been featured in the Media - This Morning, GMTV, Sky Living, RTE, The Afternoon Show etc.



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[www.instituteforbodyconfidencecoaching.com](http://www.instituteforbodyconfidencecoaching.com) &  
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## a note from astrid

Thank you so much for being here and for picking up a copy of Free Spirit.

This beautiful little ebook is full of the most fabulous tips designed to activate your inner Goddess and set your wild woman free!

Our inner wild woman is the part of us that yearns to express our authentic self. It is the part of us that craves to be free, to walk amongst the wildflowers and dance to the beat of our own drum.

Our inner wild woman has always been there, however, we may have locked her down or suppressed her creativity and joy in favour of conforming to what was expected of us.

This little book brings her to life and sets her free in the most gorgeous of ways!

My inner wild woman slipped in through the half door of a forgotten dream and there she stayed, patiently waiting for the day that I would feel the intoxicating air of longing for a life that was deeper, more soulful, fulfilling and born of magic.

*Astrid Longhurst*

Enjoy!

①

### **Be in the wild beauty of "Now"**

Our inner wild woman lives in the magic and the power of the present moment. Connect with her by taking a deep breath and allow your hand to rest lightly over your solar plexus. Place the other hand on your lower belly and drop your breath down into your belly. Say to yourself quietly in your mind, "I am safe, I am here, I am present." This helps you to connect with the moment you are in and brings your mind into the present moment, rather than spinning out into the future or the past.

②

### **Be wild and adorable!**

Our inner wild woman loves fun, laughter & spontaneity. Move yourself out of heavy, serious thoughts by adding in the words, "...And I'm adorable" to the end of every sentence." Every time you are tempted to judge yourself for not doing enough, not understanding the technology, being grumpy with your family etc, add in the words "And I'm adorable!" to the end of every sentence. For example, I haven't even started preparing for the family coming over **AND I'M ADORABLE!** At the very least, it will make you smile, which will automatically put you in a better place!

③

### **Speak like a Goddess!**

Our inner wild woman loves words that excite her spirit and fire up her creativity. She adores to say beautiful things about herself and others, so use words that inspire you to feel good. For example, "it's a beautiful day, I love the wonderful stretch in the evenings, I am amazed by my life, I adore to go walking, I am calm and peaceful....I am wild, free & fabulous!"



I am Calm  
and  
Peaceful

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#### **Wake up to the wonder of YOU!**

Embodying your inner wild woman means that you fall in love with yourself daily! Every day, upon awakening, say softly to yourself how blessed you are to have another day ahead of you. Give thanks for all that you have and tell yourself that you are looking forward to the most glorious day ahead. Open your arms to your beautiful life & live it deeply & with love!

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#### **Dream of your wild, free & fabulous life!**

Allow yourself to daydream. Everything that was ever created was born from a dream first. Allow yourself to dream of all the things that give you joy. See yourself doing all the things that you want to do - being happy, relaxed and yet full of energy. Visualise your body as full of health, vitality and wellbeing. Daydreaming is a powerful way to access the imagination and the creativity of your inner wild woman. Meet her in your daydreams first and then bring her to life in your reality.

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#### **Begin again in every new moment**

Each new moment is a chance to begin again and being your authentic self is about always creating the picture that you want to see and believing in you. Every time you meet yourself in the mirror, see yourself through fresh eyes. Look at yourself as if this was the first moment you have met you. See the person standing there and wonder who that person is. Put all past judgments behind you as you live today as if for the first time. See your wildness, your power, your journey & your magic!

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### **Touch your body with love**

Our inner wild woman is sensual, sensitive & sacred. She thrives on love. Every time you touch your body, make sure that you do it with kindness and love. This is really powerful as it connects us more deeply to all of our being; mind, body, heart & soul. Show your body love when you are putting on body lotion, for example, do it mindfully and with care. This gives a strong message to your body that you love her.

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### **Eat your wildest dreams & desires!**

Write down 3 feelings that you would love to feel every day of your life. This might be freedom, lightness, inner peace, happiness, love etc. Every time you eat, ask yourself if the food you are about to eat will give you what you desire to feel. For example, will this pizza make me feel free, light, peaceful, loved or happy? if it doesn't, choose the food that will be in alignment to what you truly want. Activating your inner wild woman means that you eat in alignment with your core desires of how you most want to feel!

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### **Rehearse your most beautiful days**

Get ahead of your day by mentally visualizing yourself feeling happy and content with all that your day will bring you. Cultivate that feel good feeling by repeating to yourself, "Everything comes to me with ease, grace & joy"



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**Create your own inner sanctuary of peace**

Every day, find some time to sit quietly, close your eyes and just listen to your breath as it moves through your body. Every time you breathe in, quietly whisper the word, 'I' in your mind. Every time you breathe out, whisper the word, 'AM' This simple exercise helps you to reconnect with your wisdom, higher self and helps to move you into a state of peace.



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**Write a self-appreciation journal.**

Every single day write three to five things that you appreciate about yourself. (They can be the same things every day). We flourish when we acknowledge all of the wonderful things that make up who we are. This simple exercise can be a game changer!



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**Wear your wild woman**

One of the most beautiful things to do to bring your inner wild woman alive is to start wearing some of the clothes or jewelry that she would wear. What do you love? What colours entice you and make you feel gorgeous? What styles of clothing does your body long to wear? Start off with one small accessory that your wild woman would wear and gradually add in from there. Enjoy rocking your own unique style!

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### **Dance your wildness awake!**

When we move, we awaken our inner wisdom. We connect with our body in a deep, freeing and healing way. Our bodies love to dance, stretch, twist and turn. Put on some music that you love and allow yourself the absolute pleasure of dancing. Even if you can't stand for long periods of time or have an injury that prevents you from too much movement, find parts of your body that can dance, even if it's just your hands!

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### **Shower yourself with angel kisses!**

The 'Angel kisses' exercise is simply beautiful to do. Sit comfortably and close your eyes. Rub both hands together & then gently tap your fingers lightly all over your face. Allow a soft smile to light up your lips as you bestow on your skin hundreds of these tiny 'angel kisses.' It's a beautiful way to boost your complexion and show yourself love.

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### **Rewild yourself in nature**

Spending time outside in the elements is a powerful and uplifting way to reconnect with your inner wildness and authentic self. Breathe in the air deeply, notice the temperature of the day, look up to the expanse of sky and feel life as she wraps herself around your body and know that anything is possible!



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**Write a new story of who you are now!**

Stories can change us, empower us, inspire and challenge us. Take time to write a new story of your life and what you desire now. Find some quiet time every day and sit alone with your thoughts and dreams. Connect with what you desire to experience, learn, have, share, be and feel and then begin to write it down. Begin with the sentence... 'My inner wild woman spoke to me today and this is what she said...'



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**Connect with your heart's wildest desires.**

Every morning when you wake up spend a few moments connecting with your heart. Place both hands over your heart, close your eyes and focus on your breathing. Bring to mind something or someone you love very much. Allow yourself to feel this love well up within you and then imagine attaching your greatest desires to it and broadcast it out into the world! Love is the greatest frequency when it comes to manifesting our best life and living our wildest dreams!



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**Create your own magic by doing what you love**

Creativity is one of the deepest passions of our inner wild woman. Whether it's baking a cake, starting a business, painting a picture, writing a book or making up games to play with our children or grandchildren, the wild woman loves to be engaged in doing what she adores. Make space for your inner wild woman to be creative in your life!



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### **Love your body**

When you love your body (and yourself), you are always 'home.' Our bodies are sacred and offer us the pathways to our greatest freedom and the keys to healing our past. Loving your body means that you speak well of her, listen to her, trust her and soothe her. It means you embody ALL of you, no matter your age, shape, size, weight, ability or anything else.



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### **Create your own ritual of wellbeing**

Rituals are formulas by which harmony, wellbeing and inner peace are restored. Create your own wellbeing ritual by lighting a candle and saying the following self love mantras to yourself:

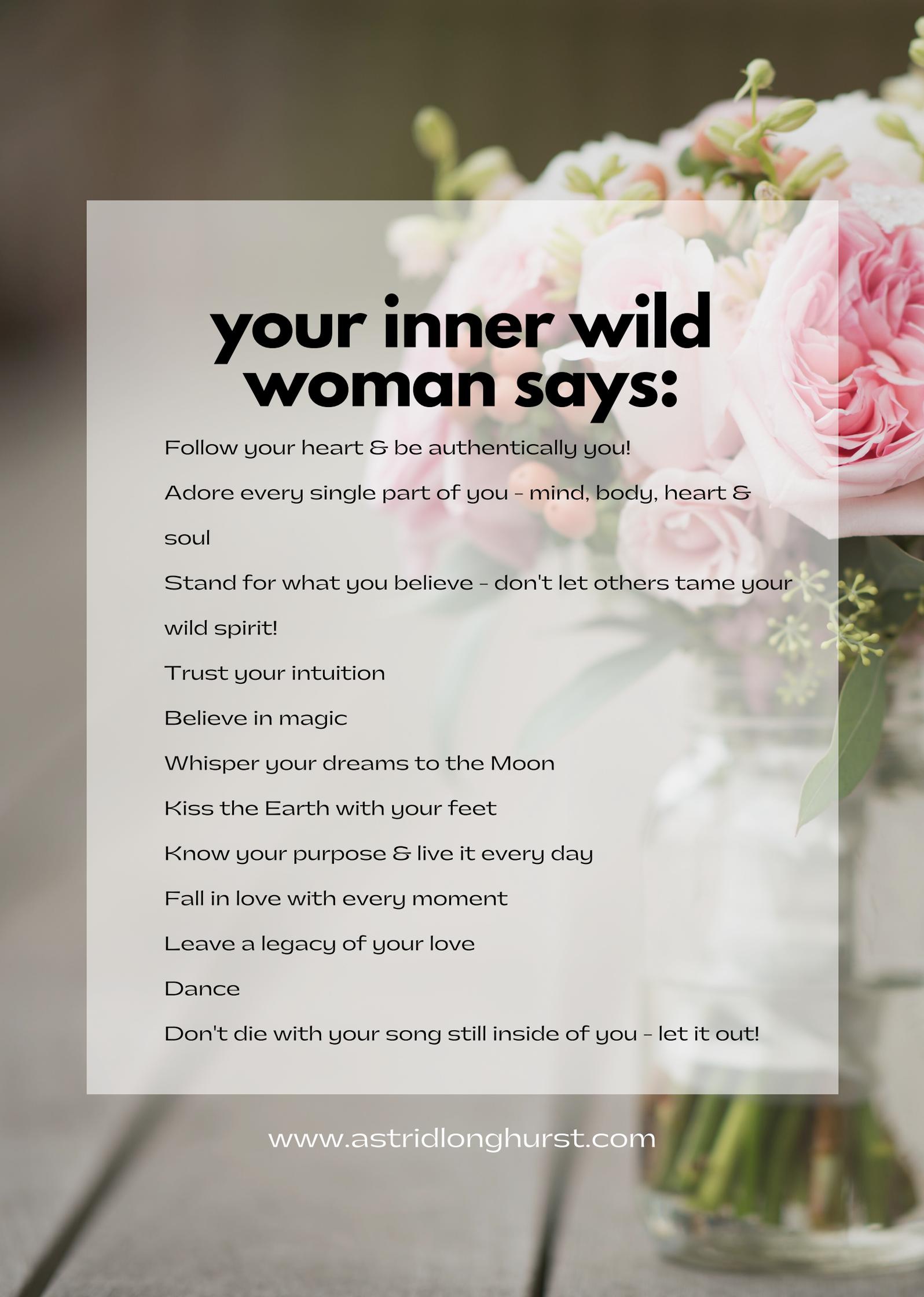
'I am falling more in love with myself every day, my radiance shines from deep within me, I love my belly for the wisdom it holds, I allow myself to shine out loud, I move with ease and grace, I go with MY flow, not THE flow, I am at peace in my world, I trust the whispers of my heart to lead me where I most need to be.'



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### **Float into dreamy states of rest and replenishment**

Take time to rest, to recuperate and to recharge your mind, body, heart & soul. Find a beautiful space to settle into for a while. It may be outside, snuggled into a warm cosy blanket, or inside your home. Get comfy, close your eyes and simply be where you are as you allow your thoughts to drift in and out. Your inner wild woman thrives on these dreamy states of being as she just gets time to be only with you!



# **your inner wild woman says:**

Follow your heart & be authentically you!

Adore every single part of you - mind, body, heart & soul

Stand for what you believe - don't let others tame your wild spirit!

Trust your intuition

Believe in magic

Whisper your dreams to the Moon

Kiss the Earth with your feet

Know your purpose & live it every day

Fall in love with every moment

Leave a legacy of your love

Dance

Don't die with your song still inside of you - let it out!

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Thank you so much  
for being here.

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Certified Body Confidence &  
Wellbeing Coach, or have  
personal one to one coaching  
sessions with Astrid, please visit  
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