

THESE
WILD
HUMANS



WILD SELF-AWARENESS
RECOVERY GUIDE



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WELCOME

DEAR FRIEND,

At the core of any successful relationship is a sense of being welcomed, safe, seen, heard, and valued. Without these feelings, it's difficult to build a lasting connection.

You may have found this guide because you feel a disconnection and you want to support in returning to what is natural within you, your internal compass and true north.

It is very likely that you have been giving this sense of safety and value to others, but not receiving it in the volume you require to stay in a healthy balance.

And though 90% of people believe they are self-aware, studies show that only around 10-12% of people actually are. Meaning that on a good day, around 80% of people are walking around lying to themselves about themselves. You can change all of that. This guide is a simple format designed to help you find space for your own journey: to unleash your instinct and transform your perspective on self, love, home, spirituality, and work.

I want you to feel like you belong to a community of autonomy and sovereignty which also helps you as an individual feel a part of something larger than yourself. I want to help you return to reflection, systems, rituals and traditions which can make you feel in control of what comes next and unified with the people and natural world around you.

This begins with truly understanding and respecting yourself.

YOU ARE NOT ALONE ON THIS JOURNEY.

Courtney Feider

CREATOR/GUIDE

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WHAT IS SELF-AWARENESS?

WILD SELF-AWARENESS IS...

Self-awareness is the conscious knowledge and recognition of one's own personality, character, emotions, and habits. In the context of Wild Humans, self-awareness means understanding how our primal nature affects our behavior, emotions, and beliefs in the modern world. By connecting with our innate wildness and ancestral roots, we can develop a deeper understanding of ourselves and our place in the world, leading to a more fulfilling and purposeful life.

TOP 5 THINGS SELF-AWARE PEOPLE DO:

- **ENGAGE IN INTROSPECTION:** Self-aware individuals regularly take time to reflect on their thoughts, emotions, and behaviors. They are curious about themselves and seek to understand their own motivations, strengths, and weaknesses.
- **SEEK FEEDBACK:** Self-aware people are open to receiving feedback from others, and they actively seek it out. They are not defensive when receiving feedback and use it as an opportunity for growth and self-improvement.
- **ASK "IS IT REAL?":** They are aware of their own biases and assumptions: Self-aware individuals are aware of their own biases and assumptions, and they work to challenge them. They recognize that their perceptions are not always accurate and are willing to consider alternative viewpoints.
- **TAKE RESPONSIBILITY:** Self-aware people take responsibility for their actions and the impact they have on others. They are accountable for their mistakes and are willing to make amends when necessary.
- **PRIORITIZE SELF-CARE:** Self-aware individuals understand the importance of taking care of their physical, emotional, and mental well-being. They make self-care a priority in their lives and engage in activities that promote their overall health and wellness.

A Wild Humans connection to self-awareness could be the idea that by reconnecting with our wild nature and living in harmony with the natural world, we can become more in tune with ourselves and our place in the world. This can lead to greater self-awareness and a deeper understanding of our own needs, desires, and motivations.



SELF-AWARENESS BURNOUT

HOW DOES WILD SELF-AWARENESS HELP BURNOUT?

Burnout is relatively common, especially in high-pressure professions such as coaching, healthcare, teaching, and emergency response. According to a recent study, up to 50% of workers in helping professions are experiencing burnout. This can be attributed to the intensity of the time we live in and the fact that our globalized high tech world never "turns off".

Self-awareness can help prevent burnout by allowing individuals to recognize and manage their stressors before they become overwhelming. Without self-awareness, people may not realize the impact that stress is having on their physical and emotional well-being, leading to burnout.

In the context of Wild Humans, practicing self-awareness involves understanding your own natural rhythms and limits, as well as your values and priorities. By tuning into your body and emotions, you can better recognize when you are approaching burnout and take steps to prevent it. For example, you might prioritize rest and recovery during particularly busy periods or adjust your workload to avoid taking on too much at once. In this way, self-awareness can help you maintain a sustainable pace and prevent burnout.

COMMON SIGNS + SYMPTOMS OF BURNOUT.

If you are experiencing burnout you may find yourself:

- Feeling exhausted or depleted with no energy for your own work
- Feeling detached and disconnected from work or personal relationships
- Having decreased effectiveness and productivity in your work
- Showing signs of increased negativity or cynicism
- Exhibiting physical symptoms such as headaches or digestive issues



SELF-AWARENESS AUDIT

HOW ARE YOU *REALLY* DOING?


The principles of Wild Humans emphasize the importance of developing self-awareness through practices such as mindfulness, reflection, and seeking feedback from others. By becoming more self-aware, individuals can identify their unique gifts and strengths, better understand their values and motivations, and create a life that aligns with their authentic selves.

People who struggle with self-awareness:

- Often feel misunderstood or unseen by others.
- Have difficulty acknowledging their own mistakes or taking responsibility for their actions.
- Struggle with making decisions that align with their values and goals.
- Have a tendency to react emotionally to situations without considering the consequences.
- Have a pattern of engaging in self-sabotaging behaviors or negative self-talk.
- Find themselves repeating the same patterns or making the same mistakes in their relationships or career.
- Struggle to regulate their emotions or manage stress effectively.
- Have a fixed mindset and resist feedback or new perspectives.
- Have a tendency to judge or criticize others without considering their own biases or assumptions.
- Feel disconnected from their inner sense of purpose or meaning in life.

By increasing self-awareness, individuals can identify these areas of growth and work towards improving them. If you answered yes to several of these questions, it may be a sign that you could use a little bit of support.

YOU ARE IN GOOD COMPANY.



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THANK YOU + AN INVITATION.

- Read more about the [BECOMING A WILD HUMAN SELF-GUIDED COURSE](#), which comes with 6 parts and can be completed in 48 hours or 6 months, depending on how you'd like to organize it around your time and best pace.
- Read more about [WILD FREEDOM ONE-TO-ONE IMMERSIVE COACHING](#), the very exclusive and personal 1:1 coaching program I offer for public figures, accomplished leaders, and successful entrepreneurs, helping them to navigate the loneliness and isolation that can accompany extraordinary achievement.
- [JOIN OUR COMMUNITY](#) and receive real time updates on FREE live conversations, Ask Me Anything sessions with our Founder, and high value articles on burnout, leadership, and the evolving world of work + life harmony.
- Follow us on [CLAPPER](#) and [LINKEDIN](#) for live conversations and Ask Me Anything sessions