# Episode 266
## Where did your wildness go?

What was modeled for you growing up? Were there "rules" that were specifically said (don't cause a fuss, keep still, that's not lady-like)? Or perhaps not said, but implied? (The way your parents or other caregivers talked about other women or how women should be?)

Were you ever shamed or chastised for being loud, aggressive, bossy-- virtues that weren't in the category of "feminine"?

In general, do you remember losing your wildness? Maybe you didn't realize it at the time, but something you can look back on and remember? (When I talk about wildness, I'm not necessarily talking about being out of control or uncivilized. I'm talking about your inherent passion. You, free to be however it comes naturally for you. You, without rules or expectations of how a woman should be.)

# your kick-ass life®

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When you think of your wildness, whose opinions or judgements are you the most afraid of? Why? And are these fears valid?

What would need to happen to get some of your wildness back? What would you need to let go of? Whose opinions and expectations would you need to walk away from?

How could you start the journey of calling your wildness back to you?