CAUTIOUS CURATOR

YOUR FREE RANGE PROFILE

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WELCOME to your Free Range Personality Profile. You're about to explore what your profile means to you and how you can use it to enhance your health and well-being. Remember, your profile isn't the end-all to your wellness. It's simply a roadmap designed to help facilitate your journey.

What you'll find inside:

- Exactly what is free range wellness and how it can help
- Actionable tips to help your physical, mental, energetic, and spiritual wellness (I call this my Free Range Dozen.)
- The power of the Chicken Yogi Philosophy
- Information about each of the profiles
- Your next steps

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The Chicken Yogi Philosophy

the chicken yogi way

1. Be present in the moment
2. Don't be afraid to make noise
3. Always return to your resting place
4. Chase opportunities
5. Ruffle a few feathers for important things
6. Don't be taken for granted

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Free Range Wellness

Free Range Wellness means you are getting out of the box (or cage) that commercial wellness wants to put you in. It's removing labels and barriers to your health and wellness and finding what works for YOU.

The characteristics of **Free Range Wellness**

1. Finding activities which nourish the body, mind, and soul
2. Discovering foods which nourish the body, mind, and soul
3. Inner compassion and self-love at all times
4. No judgement. No remorse. Take each moment as it comes.
5. While we seek to free ourselves from the cage, we also won't seek to put others in a cage. We are all happier when we're left to choose our own path.
6. Our path may not work for other people, and that's okay.
7. Free Range Wellness means working with professionals when necessary and when their expertise is needed.
8. We have the right to discern for ourselves what care is right for our situation.
9. We remain vigilant of systems which seek to confine us or label us in order to commodify our wellness.
10. Each of us is inherently valuable and deserving of wellness, whateverever that means for us.

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You are a CAUTIOUS CURATOR

As a CAUTIOUS CURATOR you take slow, mindful steps toward wellness. You focus on the facts, on your numbers, and on what research and trusted sources tells you will help. You don't jump on fads, and if something seems to "woo", you probably think twice before trying it. And yet you're willing to learn and explore, and the tortoise reminds us slow steps are forward steps all the same.

When it comes to your PHYSICAL health you don't jump in without thinking and planning. You love routines and schedules. Reminder apps are your friends. Maybe you're not going rock climbing or participating in triathlons, but you are taking long, slow walks in nature, following a proscribed regimen at a gym or at home, and taking the advice of experts when necessary.

When it comes to your EMOTIONAL health you have a pile of self-help books and a lot of research. Perhaps you interact with mental health communities online, finding support from those who deal with the same issues you do. You're always willing to learn and you don't make assumptions about your emotional health.

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You are a CAUTIOUS CURATOR

Your ENERGETIC health is a bit of a mystery to you. For some, you may be comfortable and familiar with the chakras and nadis, while others may not really tune into it at all. Use your skills of learning to educate yourself about your energy system, what each chakra does, and how you can use them to support your health. Don't get too caught up on the fact that you may not be able to see or feel your energetic system. It's there and will benefit from attention.

When it comes to your SPIRITUAL health you are quiet and strong in your beliefs--whatever they are. Here you apply your usual calm diligence in studying and learning, or just focusing on how your spiritual beliefs make you feel. You have a deep and abiding connection with others and with the world around you. Though you may not outwardly manifest a lot of big shows of your spirituality, you feel it and honor it, and no one can doubt your truth.

If you have a few moments I'd love to hear what resonates with you from this profile. Simply visit **https://chickenyogi.com/FRPPfeedback** and let me know. Your information will remain anonymous if you wish and will be used to improve the Free Range Personality Profiles. Thank you!

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CAUTIOUS CURATOR: What Does It Mean?

Now that you know you're a CAUTIOUS CURATOR, you might be wondering how this applies to you, especially if you're neurodivergent, chronically ill, or disabled. Although this download is created with you always in mind, it's also good to see yourself named and recognized, and content written specifically for you. It reminds you that you're not alone, that people are thinking about you and how things affect you in the world.

The CAUTIOUS CURATOR personality type allows neurodivergent individuals the chance to take things on their own terms, to ensure that they remain always within their comfort zone, and to cater to their own bodily needs. Where individuals may seek more change or dynamism in their own lives, such as with ADHD, this personality type allows them to foster that from a place of personal knowledge.

For those who are autistic, being a CAUTIOUS CURATOR means you can pay close attention to your sensory needs and surroundings, making sure to move only in those spaces where you feel comfortable. Though some may question your lack of spontanaiety, you know yourself the best, and you can take care to manage your energy and social levels accordingly.

Individuals who are chronically ill or disabled may also find this personality type easier to work with because it is all about coming from a place of knowledge and personal truth. While you may wish to learn as much as you can about your medical situation(s), you also know yourself and your numbers, and use this as the home base for your comfort.

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Cautious Curator Wellness Tips

Physical Wellness

1. You might struggle with physical wellness, so try to make that a priority by planning it in your apps or even finding small ways to move more.
2. Learn to incorporate movement with comfort. Watch your favorite shows while on the treadmill, or find things you can do without leaving the house.
3. Don't be harsh on yourself or try to 'grade' your efforts. Do what you can, when you can.

Emotional Wellness

1. Don't hide from whatever you're feeling. If it is overwhelming, try observing it as an outsider as if you're watching a movie.
2. It's okay to study and contemplate something, but don't get stuck. Use a journal to help get the thoughts out of your head.
3. Remember to find joy. Lift yourself up. Discover reasons to smile, no matter how small.

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Cautious Curator Wellness Tips

Energetic Wellness

1. It's okay to be cautious about trying new things, but do seek out different ways to move energy.
2. Try playful ways to move energy like dancing or singing. Find something you really enjoy and that brings you happiness.
3. Balance study and practice. Make sure you're implementing what you're learning.

Spiritual Wellness

1. It's good to be grounded, but also listen to your intuition and get in touch with your inner voice.
2. Sometimes it's easy to get locked into habits. Try to mix things up and find new ways of seeking connection.
3. Learn to discover what your heart and soul say. Don't rely exclusively on what you study and learn.

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Implementation

I invite you to choose 3 or 4 tips (maybe one from each section) which resonate with you the most and feel like the easiest to implement. You don't have to make a plan, set any alarms or timers, or anything at this point. Instead, try reading through the tips and seeing which one(s) feel right to you.

I've created this page to give you space to write them down, or you may choose to place them in a journal or notebook.

TIP 1:

WHY IT RESONATES WITH ME?

TIP 2:

WHY IT RESONATES WITH ME?

TIP 3:

WHY IT RESONATES WITH ME?

TIP 4:

WHY IT RESONATES WITH ME?

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Next Steps

Join the Chicken Yogi Free Range Wellness Club

When you join the **Chicken Yogi Free Range Wellness Club**, you'll receive more than on-demand yoga and meditation videos. Our VIP members will also experience monthly journeys designed specifically around the Free Range Wellness format. and live classes to support those journeys. All members will have access to an on-demand library of yoga and meditation videos as well as an archive of informative webinars.

Our VIP membership is normally $29/month, but since you've taken the first step by getting your Free Range Personality Profile, you can enroll at the low rate of $24/month. That saves you $5 each month and the savings will grow the longer you remain a member.

Join at:
https://club.chickenyogi.com/FRPPspecial

Don't hesitate to join because this special will be going away soon!

When you join the Chicken Yogi Free Range Wellness Club, you'll also receive access to our community. Check out the page to see all your membership options.

If you have any questions, check out our support portal at
https://support.chickenyogi.com

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About Kit Caelsto & Chicken Yogi

Kit Caelsto (they/them) is a health and wellness coach who is passionate about helping people who feel left out of traditional wellness spaces. With Chicken Yogi, they hope everyone can feel free to express their true and authentic selves and have a better relationship with wellness, even as their health may change from day to day (or even hour by hour).

To do this, they have devoted themselves to training, including a 500HR Yoga Teacher Training, 200HR Meditation Teacher Training, pranayama, plus size yoga, chair yoga, Yin Yoga, Reiki Master, Certified EFT-TFT Practitioner, Certified REBT Coach, Certified CBT Coach, Certified Confidence Coach and more to come.

They live on a homestead in the Missouri Ozarks where they can indulge their autistic special interests of horses and chickens, savor the seasons, and continue the healing journey which led them to Chicken Yogi.

I am a nonbinary, trans, fat, queer, autistic, and neurodivergent farmer yogi with fibromyalgia who loves supporting people in a trauma-informed, safe manner so they can free range their way to radical wellness.

Chicken Yogi took Kit's love of yoga and meditation and brought it to life through an 18 acre homestead teeming with wildlife which allows them to connect with nature and themselves in a spiritual manner. Chicken Yogi is for people who aren't afraid to be unique, to stand out in a crowd in whatever way that shows up for them, and for everyone who has ever walked into a gym feeling self-conscious and embarrassed. For those who want to go beyond the airbrushed images found in media and the perfect pretzel yoga pose to find the true, spiritual connection with yoga, wellness, and themselves, Chicken Yogi invites you to open the (barn) door and run free!

Your identities are welcome here. Your body is sacred. Your heart deserves love. Your soul deserves nurturing. And you are worthy, valid, and wonderful just the way you are. Come crow and flow with me!

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