



SOPHIE WILD'S

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DISCOVERY  
PACK

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UNLEASH YOUR FEMININE POWER

# 5 STEPS TO UNEARTHING YOUR BIRTHING TRUTHS

**Hi Beautiful,**

**I'm so excited you decided to take this first step on what I believe to be the most important and memorable journey of your life! By taking this step you are saying NO to fear and YES! to the ecstatic birth that your body is designed and wants to have.**

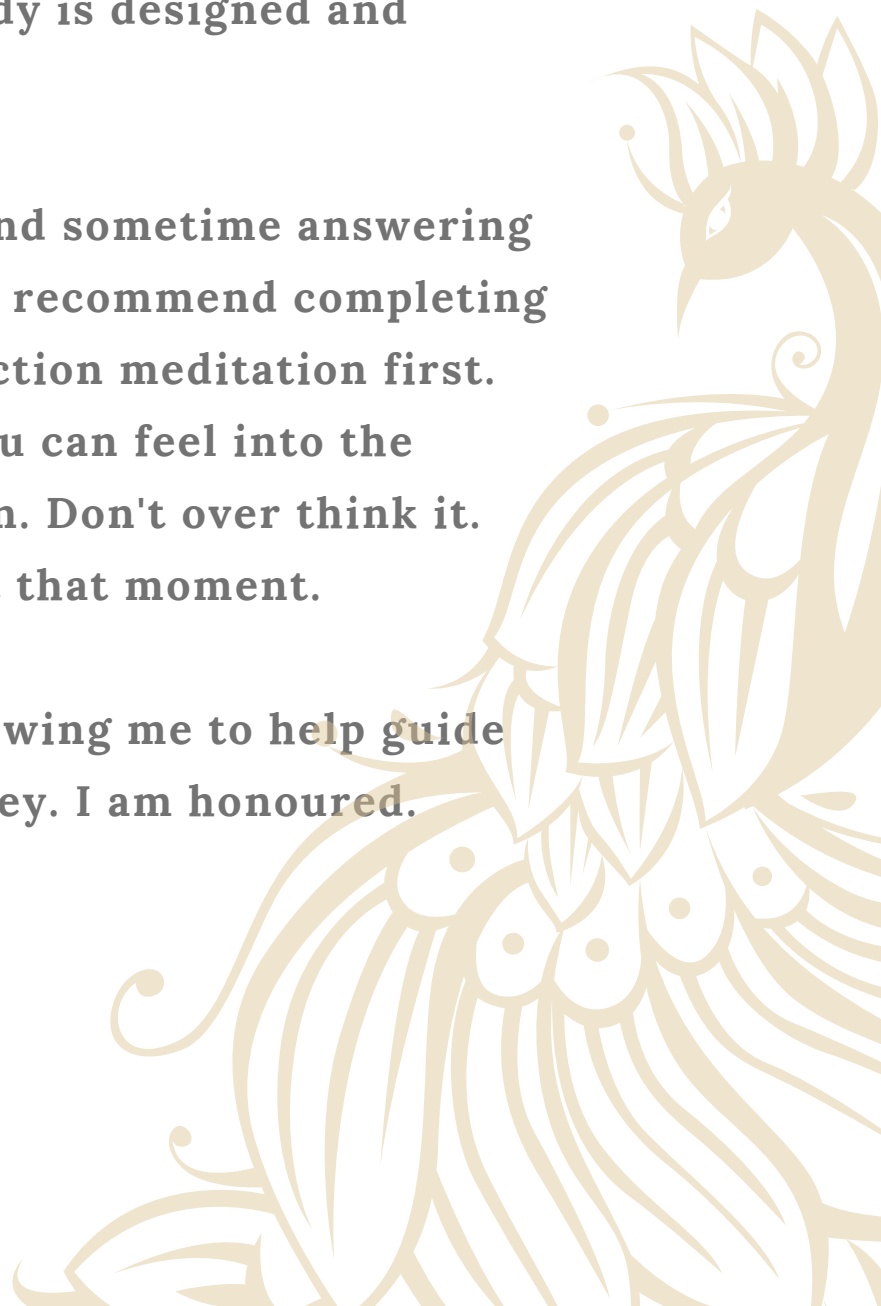
**Below are 5 questions. Spend sometime answering these questions honestly. I recommend completing the provided Womb Connection meditation first. Once you are connected you can feel into the answers. Use your intuition. Don't over think it. Just say what feels right at that moment.**

**Thank you so much for allowing me to help guide you on this beautiful journey. I am honoured.**

**Love,**



**xx**



WHAT DO YOU WANT IN YOUR LIFE  
BUT ARE AFRAID TO ASK FOR?  
WHAT MAKES YOU AFRAID?  
SPEAK YOUR TRUTH, TELL ME WHAT YOU  
WOULD SAY!



*Sophie Wild*

WHAT'S ONE GOOD HABIT THAT  
YOU COULD BEGIN TODAY FOR  
A MORE CALM & PLEASURABLE  
BIRTH?

THINK.. WHAT BRINGS YOU PLEASURE?  
DAILY BREATHING PRACTICE,  
MEDITATION, WALK IN NATURE,  
MASSAGE, ORGASM...



IF YOU HAD NO FEAR, FULLY  
TRUSTED YOURSELF & BIRTH,  
WHAT DOES YOUR DREAM BIRTH  
LOOK LIKE?  
THINK BEYOND YOUR WILDEST DREAMS.



*Sophie Wild*

WHEN WAS THE LAST TIME YOU  
TRUSTED YOUR INTUITION, AND  
HOW DID THAT FEEL FOR YOU?

NOTICE WHERE YOU FEEL IT IN YOUR  
BODY AND PLACE A HAND THERE.



# WHAT MAKES YOU FEEL CALM AND RELAXED?

THINK PLACES, ENVIRONMENT, PEOPLE,  
SENSES & PRACTICES, ANYTHING.



*Sophie Wild*