



*return to
origin*

WITH
THE ORIGIN KEYS

A GUIDE TO REMEMBERING WHO
YOU'VE ALWAYS BEEN.

THE ORIGIN PROJECT



WELCOME WILD WOMAN

You feel it, don't you? That quiet knowing that there's a different way of being, one that honours all of who you are, not just the parts that fit into others' expectations.

That whisper reminding you that your power isn't found in moulding yourself to match external standards, but in returning to your own essence.

What you're about to discover isn't another guide telling you who to be or how to live...

It's an invitation to return to your original wisdom, the knowing that lives in your DNA, passed down through generations of women who understood that true power flows from authenticity, not adaptation.

"In every woman lives a force of nature that is wild, wise, and waiting to be remembered. Your journey isn't about becoming someone new; it's about returning to who you've always been, before the world told you who you should be.

**"BECAUSE RETURNING TO ORIGIN ISN'T ABOUT FINDING A
NEW PATH, IT'S ABOUT REMEMBERING THE ONE THAT
WAS ALWAYS YOURS.."**

THIS JOURNEY HONOURS

YOUR UNIQUE PATH AND PERFECT TIMING. THE
WISDOM YOUR BODY ALREADY HOLDS. THE DREAMS
THAT FEEL TOO BIG TO SPEAK. THE IMPACT ONLY YOU
CAN CREATE. THE LEGACY WANTING TO FLOW
THROUGH YOU

Perhaps you find yourself excelling in your corporate role, yet feeling a deeper calling that your prestigious title can't fulfill. Or maybe you're immersed in the sacred, demanding days of motherhood, cherishing these moments while a quiet voice whispers of possibilities yet to unfold. You might be building your own path already, yet sensing something's not quite in alignment, that there's a more natural way to create impact without sacrificing your essence.

Some of us stand at the threshold of impact and presence, knowing we're meant for meaningful contribution but unwilling to lose the precious moments that matter most.

Others simply feel the stirring of 'more' - a calling that's hard to name but impossible to ignore, an inner knowing that there's a different way to live and lead.

Wherever you find yourself on this journey, you're in the right place. Here, we return to essence. We honour natural wisdom. We create impact through authenticity.

This is where purpose meets presence. Where legacy grows from being fully you. Where impact flows from alignment and never from force.

Welcome to...

your return to origin.



There was a time before the should's and musts, before you learned to dim your light or measure your worth through others' eyes. In that space, you knew exactly who you were - wild, wise, and wonderfully whole.

This first key isn't about becoming; it's about remembering, and when you return to your essential nature, you discover...

- The dreams you set aside are still alive, waiting to be reclaimed.
- Your natural gifts flow without force when you trust their timing
- The "impossible" becomes possible when you align with your truth
- Your presence becomes a gift, not something to sacrifice
- Your path unfolds with clarity when you trust your inner knowing

BEFORE YOU LEARNED TO DOUBT YOUR DREAMS OR DIM YOUR LIGHT, YOU KNEW EXACTLY WHO YOU WERE AND WHAT YOU WERE HERE FOR. THAT KNOWING HASN'T LEFT YOU - IT'S SIMPLY WAITING FOR YOU TO REMEMBER. YOUR RETURN TO THIS TRUTH IS THE GREATEST GIFT YOU CAN GIVE YOURSELF, AND THE WORLD

key one



RETURN TO ESSENCE

From Self-Doubt to Self-Discovery

As you begin this journey of return, you might not know exactly what you want to create or share with the world - and that's perfectly okay.

This key is about gently removing the layers of "I can't" and "I should" to reveal what naturally lights you up. Here are some simple practices to begin:

Permission to Dream Again

Start with just 5 minutes each day:

- Notice what catches your interest
- Pay attention to when you feel most alive
- Write down ideas without judging them
- Collect moments that make you smile

Interest Exploration

Create a "Lights Me Up" list:

- What topics do you love learning about?
- What do friends always ask your advice on?
- What problems do you naturally solve?
- What makes time disappear when you're doing it?

Confidence Building Ritual

Each evening, note:

- One thing you did well today
- One piece of wisdom you already have
- One small step you're proud of taking

As you practice these gentle returns to what naturally lights you up, you'll begin to notice patterns emerging, whispers of wisdom that have always been there, waiting to be heard. Each moment you spend noticing what brings you alive, each idea you allow yourself to explore without judgment, and each small win you celebrate brings you closer to trusting your own knowing.

This awakening to what naturally calls you is just the beginning. As we move into Key Two, you'll discover how to trust these emerging patterns and the wisdom they hold. Because once you remember what lights you up, the next step is learning to trust that this inner knowing is your most reliable guide.

NOTES

[illegible]

Key two



TRUST YOUR INNER WISDOM

From Other's Expectations to Your Own Truth

This key helps you recognise that the answers you seek are already within you. You don't need to have it all figured out - you just need to start listening to your own wisdom. Here are some beginning practices:

Wisdom Collection

Keep a small notebook for:

- Solutions you've found that might help others
- Challenges you've overcome
- Lessons you've learned the hard way
- Wisdom you wish you'd had sooner

Sacred Question Time

Each morning, ask yourself:

- What feels right for me today?
- What small step can I take?
- What would I do if I knew I couldn't fail?

Truth Anchoring Practice

When you find yourself doubting your instincts or looking outside yourself for answers:

1. Place one hand on your heart, one on your belly
2. Take three deep breaths
3. Ask yourself:
 - What do I already know about this?
 - What is my experience teaching me?
 - What feels true for me, even if it's different from others?

Keep a "Truth Notes" section in your phone or journal where you can quickly capture these moments of inner knowing. Over time, you'll build a personal library of evidence that shows you:

- Your instincts are trustworthy
- Your experience has value
- Your way of seeing things matters
- Your unique perspective is needed

This simple practice helps you recognise that while learning from others is valuable, your own inner compass is equally worthy of trust.

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key three



CREATE YOUR OWN PATH

From Fear to Possibility

This key is about recognising that every woman who's ever started something began exactly where you are. Your path doesn't have to look like anyone else's - it just needs to feel true to you. Here we suggest your first steps forward:

Start collecting evidence of what's possible by creating your "Proof of Possibility" collection. This can be in your phone notes, a beautiful journal, or even a special folder on your desktop.

Stories of Women Who Inspire You

- Not just their achievements, but their starting points
- Note specifically what resonates about their journey
- Example: "Sarah started as a stay-at-home mom who loved helping friends with their problems. Now she guides women through life transitions. She started by simply sharing her thoughts on Instagram while her kids napped."

Small Wins in Your Own Life

Document victories that remind you of your capability:

- The time you spoke up in a meeting despite being nervous
- When you figured out a new skill everyone said was "too technical"
- How you reorganised your schedule to make time for what matters
- That moment you said "no" to something that wasn't aligned

Moments When You Surprised Yourself

Capture times when you exceeded your own expectations:

- Learning a new platform or technology
- Having a difficult conversation you'd been avoiding
- Making a decision without asking everyone's opinion first
- Speaking your truth even when your voice shook

Impossible to I Did It" Stories

Record your personal proof that barriers can be broken:

- Getting that promotion while maintaining family time
- Learning to trust your intuition in business decisions
- Building a social media presence from zero
- Creating your first offering or service

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FEAR TO FAITH RITUAL

1. Acknowledge the Fear

Instead of pushing it away, give it space:

- Name it specifically: "I'm afraid of being judged"
- Write it down: "I'm scared I'm not expert enough"
- Feel where it sits in your body
- Thank it for trying to protect you

2. Remember Why You Started

Connect with your deeper purpose:

- Read past journal entries about your dreams
- Look at photos of those you want to impact
- Recall the moment you first felt called to this
- Connect with who needs your gifts

3. Take One Tiny Action

Choose something small but significant:

- Write one social media post sharing your perspective
- Send one email about your ideas
- Research one aspect of your dream
- Have one conversation about what you're creating
- Join one group aligned with your interests
- Save one hour this week for exploring your passion
- Write one paragraph about your vision
- Make one connection with someone in your desired field

4. Celebrate Your Courage

Create a ritual of acknowledgment:

- Write down your brave action in a special notebook
- Share your step with a trusted friend
- Give yourself a physical anchor (like touching your heart)
- Speak it out loud: "I took action toward my dreams today"
- Take a moment to feel proud of your movement forward

Remember:

Every woman who's created something meaningful started with one tiny action. Your small steps today create the foundation for your bigger vision tomorrow.

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THESE KEYS ARE YOUR
FIRST STEPS TOWARD
BELIEVING
IN YOUR OWN
POTENTIAL.



THE ORIGIN KEYS

sacred spiral BONUS



YOUR 7-DAY SACRED SPIRAL JOURNAL EXPERIENCE A GENTLE RETURN TO YOUR NATURAL WISDOM

A journey of return begins with simple steps. Spiral journaling is an ancient practice reimagined for modern women - a way of connecting with your wisdom that deepens with each return. Unlike linear journaling, spiral practices honour your natural rhythms, allowing insights to unfold in layers, each return revealing new depths of understanding.

Over the next 7 days, you'll experience a taste of this transformative practice. Each day offers two sacred moments: a morning prompt to awaken possibility, and an evening reflection to gather wisdom. These aren't just questions to answer, they're invitations to remember who you are beneath all the 'should's' and expectations you have already started to uncover with The Origin Keys..

journaling TIPS

As you engage with these prompts, you may notice:

*Patterns beginning to emerge
Wisdom starting to whisper
Dreams asking to be remembered
Power waiting to be reclaimed*

This week-long experience is your first spiral in a greater journey of return. Like ripples in a pond, each prompt creates waves of awareness that continue to expand long after you've written your response.

How to Use These Prompts:

*Create a quiet moment each morning and evening
Read the prompt slowly, letting it sink in
Write without judging or editing
Trust whatever emerges
Notice what stirs within you*

And Remember:

*There are no wrong answers in spiral journaling.
Every response is a thread in the tapestry that is your*

RETURN TO ORIGIN



7-DAY SACRED SPIRAL JOURNAL EXPERIENCE

A GENTLE RETURN TO YOUR NATURAL WISDOM

Day 1: Awakening

Morning Prompt: "What lights up when I give myself permission to dream freely?"

Evening Reflection: "Today I felt most alive when..."

Day 2: Listening

Morning Prompt: "What is my body trying to tell me about what I truly need?"

Evening Reflection: "The wisdom I'm beginning to hear is..."

Day 3: Remembering

Morning Prompt: "What parts of myself am I ready to reclaim?"

Evening Reflection: "I honoured my truth today by..."

Day 4: Noticing

Morning Prompt: "Where do I naturally create impact without effort?"

Evening Reflection: "The patterns I'm starting to recognise are..."

Day 5: Trusting

Morning Prompt: "What becomes possible when I trust my own timing?"

Evening Reflection: "Today I trusted myself when..."

Day 6: Creating

Morning Prompt: "What wants to be expressed through me?"

Evening Reflection: "I moved closer to my dreams today by..."

Day 7: Integrating

Morning Prompt: "What have I remembered about my natural power?"

Evening Reflection: "The possibility I now see for myself is..."



Day 1: Awakening

MORNING PROMPT

What lights up when I give myself permission to dream freely?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 1: Awakening

EVENING REFLECTION

Today I felt most alive when...

[illegible]

Day 2: Listening MORNING PROMPT

What is my body trying to tell me about what I truly need?

[illegible]

Day 2: Listening

EVENING REFLECTION

The wisdom I'm beginning to hear is...

[illegible]

*Your natural wisdom is the quiet voice
beneath the noise, the knowing beyond
logic, the truth that resonates in your very
cells. All you need to do is create the space to
let it speak*



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Day 3: Remembering

MORNING PROMPT

What parts of myself am I ready to reclaim?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 3: Remembering EVENING REFLECTION

I honoured my truth today by...

[illegible]

Day 4: Noticing MORNING PROMPT

Where do I naturally create impact without effort?

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Day 4: Noticing EVENING REFLECTION

The patterns I'm starting to recognise are...

This image shows a single sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

In every woman lives a story waiting to be remembered. Not written - remembered.

For the truth is, you're not becoming someone new. You're returning to who you've always been.



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Day 5: Trusting

MORNING PROMPT

What becomes possible when I trust my own timing?

[illegible]

Day 5: Trusting

EVENING REFLECTION

Today I trusted myself when...

[illegible]

Day 6: Creating MORNING PROMPT

What wants to be expressed through me?

[illegible]

Day 6: Creating EVENING REFLECTION

I moved closer to my dreams today by...

[illegible]

Day 7: Integrating

MORNING PROMPT

What have I remembered about my natural power?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 7: Integrating

EVENING REFLECTION:

The possibility I now see for myself is...

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

your journey CONTINUES

Through these daily moments of connection with your inner wisdom, you've begun to remember - the power that lives in your bones, the dreams that whisper in your heart, the impact you're here to create. And this is only the beginning..

The Return Revolution Awaits

If you're feeling called to:

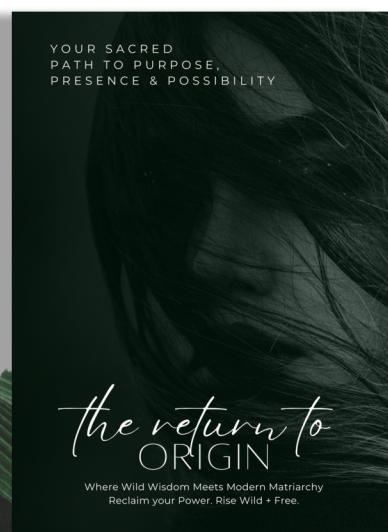
- >> **Dive deeper into your natural wisdom**
- >> **Create lasting transformation in all areas of life**
- >> **Access profound practices for genuine return**
- >> **Develop unshakeable trust in your inner knowing**
- >> **Build a foundation for lasting impact**

Then you're ready for **The Return Revolution** - a sacred journey that takes you beyond these first steps into full remembrance of your power. A path to your purpose, presence and infinite possibility!

Inside this transformational guide, you'll discover:

Daily practices that anchor your Return To Origin:

- Rituals and prompts for connecting with your power
- Monthly reflection and integration practices
- Seasonal planning and celebration ceremonies
- Legacy vision mapping exercises
- Sacred support system frameworks
- Progress tracking tools



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THE Origin PROJECT

YOUR ORIGIN POWER AWAITS