

Awaken & ALIGN

REFLECT,
RESET, AND
RISE INTO
THE NEXT
CHAPTER OF
YOUR
WILDER
AWAKENING.



BY
HEATHER
BOERS



HI! I'M

Heather!

Welcome to my **Awaken & Align** guide. Within the pages that follow are soulful prompts to help you reflect on the past year, reconnect with what matters most, and realign your intentions for the season ahead.

I'm Heather Boers, a Certified Transformational Nutrition Coach, Certified Mental Wellness Specialist, Certified Life Coach, and Master Practitioner of NLP. I founded **Wilder Boers Coaching** in 2020 after nearly a decade working in a health clinic focused on physical wellness and nutrition. But I knew something was missing — the emotional and spiritual pieces that form the real foundation of lasting wellbeing.

As my work deepened, so did my mission. **Wilder Boers Coaching** grew into something more expansive, more rooted, and more aligned — and that's how **The Wilder Way** was born. It's not just a coaching brand. It's a way of living, healing, and coming home to yourself.

This guide is part of that journey.

It's a first step into your **Wilder Awakening** — a powerful, soul-led invitation to pause, reflect, and rise into your next chapter with intention, clarity, and courage.

WHAT IS AWAKEN & ALIGN?

(A Seasonal Reset for the Soul)

Awaken & Align is a guided journey inward — designed to help you reflect on the season you've just walked through and prepare for the one unfolding before you.

In the past, I described this work as “Beautifully Rebuilt,” drawing on the powerful imagery of restoring an old house to something new, strong, and full of life. That version of the guide focused on tearing down what no longer served you and rebuilding from the ground up.

But growth doesn't always have to feel like demolition. Sometimes, it's more like alignment — a quiet awakening to your truth, your desires, and the rhythm of your life.

This updated version honors that evolution. Inside, you'll find grounding reflection prompts, soulful check-ins, and space to reconnect with what matters most. This is your personal reset — not to “fix” yourself, but to realign with who you already are beneath the noise.

Let's begin this season together — rooted, intentional, and wide open to what's next.



Reflect. Realign. Rise.
Let go of what no longer
serves you.

Reclaim what lights you
up.

Root into your truth — and
move forward with clarity
and calm.

This is your space to
reconnect, reset, and rise
into the next chapter of
your Wilder Awakening.



NEXT STEPS



This is your opportunity to reflect on the past year and set a clearer intention for the season ahead. Do some or all of it — or follow where your heart leads.

- Gather up your calendars, planners, photos, and journals.
- Make notes on the back page to capture what shaped this past year.
- Take your time. Breathe. Let it be sacred.

This is your space now.

"Everything you need is already within you."

Seasonal Reflection

Feel free to explore the questions that speak to you most — or reword them in a way that aligns with your personal path. This is your space for reflection, so take your time and go at your own pace.

1. What were my biggest missteps or 'oops' moments this past year — and what did they teach me?

2. Even through the hard stuff, I'm proud of myself because...

3. What felt like success to me this past year — big or small?

Seasonal Reflection

4. Who are the people from the past 12 months — new or familiar — that I'm grateful for, and why?

NAME

NAME

NAME

NAME

5. What are three areas of my life where I've experienced growth or momentum this past year? *What supported that growth — and how did it feel?*

Seasonal Reflection

6. What did I invest my time or energy in this past year that I'm grateful for — and why did it matter?

7. Who are the people I drifted from this year that I'd like to reconnect with — and what's drawing me back to them?

Seasonal Reflection

8. What single word or phrase best captures the essence of my past year — and why?

9. How can I carry the meaning behind that word or phrase into the season ahead?

This is your chance to explore how your word or phrase can shape your next steps. Maybe it points to a lesson, a mindset shift, or a powerful new intention.

Example:

If your phrase was "Marathon of Mishaps," you might write:
"This year stretched me in ways I didn't expect. Moving forward, I'll give myself more grace and use those lessons to make aligned decisions."
Use what you've learned to guide how you grow.

Today's Truth

A gentle check-in to notice where you are — not to judge it, but to witness it. This is just a snapshot, not a life sentence. Let it show you what needs love, celebration, or gentle change.

10. How do I feel in these areas of my life right now?

Living Space		<input type="checkbox"/>		<input type="checkbox"/>	
Personal income		<input type="checkbox"/>		<input type="checkbox"/>	
Savings / investments		<input type="checkbox"/>		<input type="checkbox"/>	
Work environment		<input type="checkbox"/>		<input type="checkbox"/>	
Skills / education		<input type="checkbox"/>		<input type="checkbox"/>	
Romantic Relationship		<input type="checkbox"/>		<input type="checkbox"/>	
Friends		<input type="checkbox"/>		<input type="checkbox"/>	
Family		<input type="checkbox"/>		<input type="checkbox"/>	
Community		<input type="checkbox"/>		<input type="checkbox"/>	
Wardrobe		<input type="checkbox"/>		<input type="checkbox"/>	
Health / fitness		<input type="checkbox"/>		<input type="checkbox"/>	
Outward Beauty		<input type="checkbox"/>		<input type="checkbox"/>	
Relaxation		<input type="checkbox"/>		<input type="checkbox"/>	
Self Care		<input type="checkbox"/>		<input type="checkbox"/>	
Stress Levels		<input type="checkbox"/>		<input type="checkbox"/>	
Self-belief / Self-talk		<input type="checkbox"/>		<input type="checkbox"/>	
Travel / adventure / fun		<input type="checkbox"/>		<input type="checkbox"/>	
Other: _____		<input type="checkbox"/>		<input type="checkbox"/>	
Other: _____		<input type="checkbox"/>		<input type="checkbox"/>	

DATE /

Release & Renew

This season is calling you to remember what's working, release what's not, and renew what's next.

11. What felt strong and steady in my life this past season?

(Reflect on the areas where you feel grounded, grateful, or proud — the parts of life that are holding you up right now.)

12. How do I feel when I reflect on those strengths?

(Do they bring comfort? Confidence? Surprise? Pride? Something else?)

13. What areas of my life feel tender, tense, or ready to shift?

(Looking back at your "Today's Truth" check-in, which ones are asking for your attention?)

Release & Renew

14. What do I want to release around these areas?

(Examples: pressure, perfectionism, fear, guilt, old stories, unrealistic expectations...)

15. What am I ready to welcome in instead?

(Think about the energy, habits, support, or mindset that would feel better in these areas.)

16. If I were to describe my overall state right now in one sentence, it would be...

(No pressure — just a snapshot to acknowledge where you are, not where you think you "should" be.)

Tomorrow's Vision

17. In the next 12 months, I want to feel more...

01

02

03

04

18. What experiences brought me the most joy this year?

19. How can I bring more of that energy into the next 12 months?

Tomorrow's Vision

21. Simple Adventures & Soulful Expansion

List 3–5 experiences you'd love to explore in the next 12 months. These don't have to be big or extravagant — just things that spark wonder, connection, or a sense of aliveness in your everyday life.

Let this be a reminder that your year can include lightness, play, and possibility.

22. A shift I sense is coming...

23. Advice my future self might need to hear right now...

Tomorrow's Vision

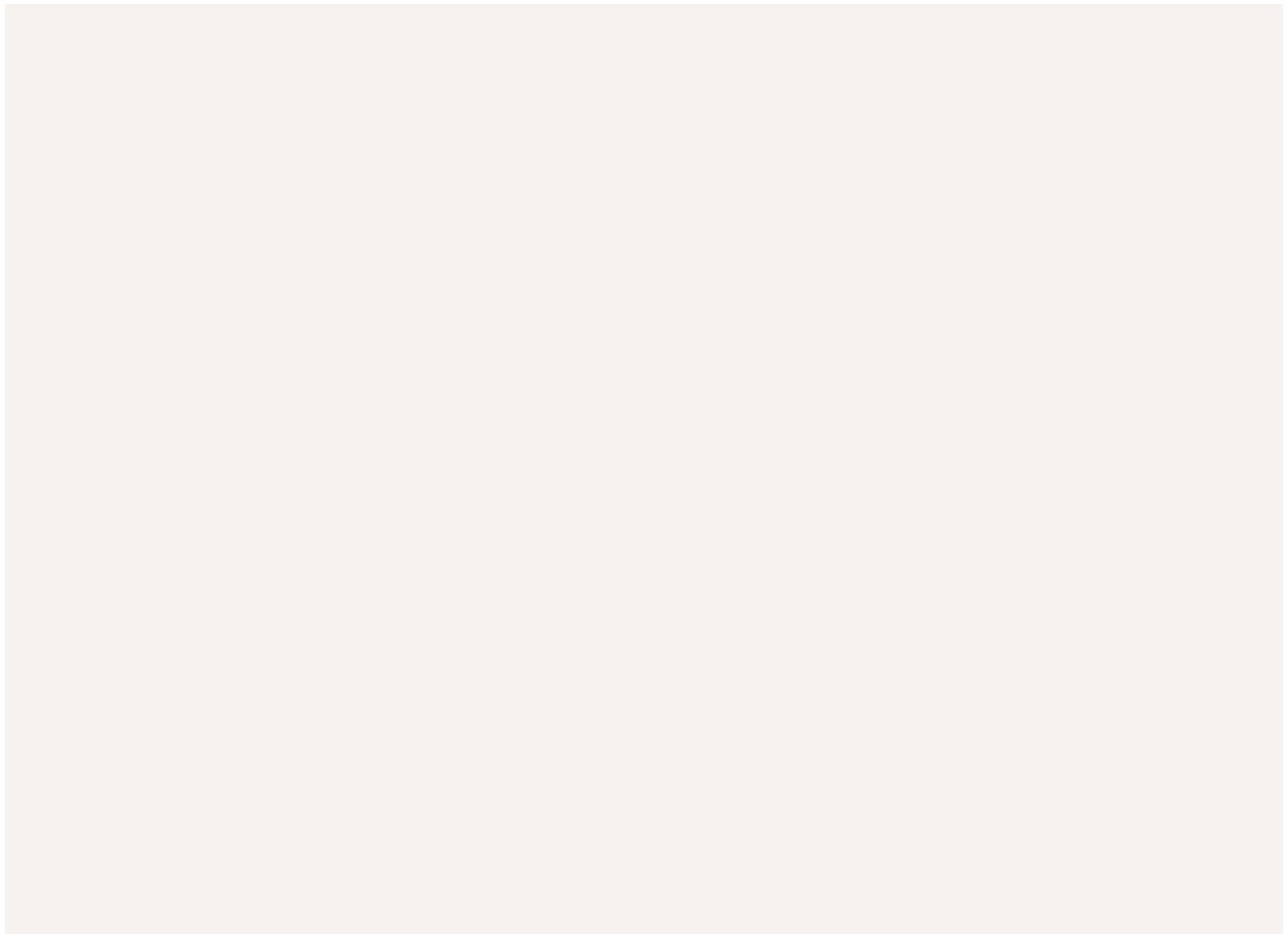
24. Designing a Life That Feels Like Mine

This is your space to imagine what your life could feel like if it aligned more deeply with your truth, values, and vision. What would bring you a sense of peace, purpose, and fulfillment?

Think of these goals as gentle guideposts — not rigid outcomes, but heartfelt intentions you're choosing to nurture. Let them reflect who you are becoming, not just what you want to achieve.

Write from a place of wholeness, not pressure. You don't need to know how it will all unfold — you just need to name what calls to your soul right now.

“She remembered who she was and the game changed.” — Lalah Delia



Tomorrow's Vision

Rooted North Star

A steady guide for the journey ahead.

This is your space to name what matters most in the season ahead, a word, phrase, or symbol that feels like a compass pointing you toward growth, alignment, and self-honoring decisions.

Your Rooted North Star keeps you focused not through force, but through personal intention. It's the grounding truth you return to when distractions pull you off course or when self-doubt tries to take the wheel.

Whether it's a single word, an image, a phrase, or a feeling — let it anchor your intentions and illuminate your path.

- *My guiding word or phrase:* _____
- *The feeling it represents:* _____
- *A symbol or image that reflects this:*

***“When you root your vision in truth, it becomes
a light you can always return to.”***

Set Your Reading Intentions

The books you choose to read can become powerful companions on your journey of growth. Let this space guide you in setting intentional themes that support your transformation—whether it's emotional resilience, creativity, confidence, or clarity in your purpose.

Choose your focus, then feed your mind with words that uplift, challenge, and expand you. This isn't just about reading more—it's about reading *meaningfully*, with direction, and in alignment with who you're becoming.

"What you feed your mind becomes the soil from which your future grows."

INTENTION:

- Book 1: _____
- Book 2: _____
- Book 3: _____
- Book 4: _____

INTENTION:

- Book 1: _____
- Book 2: _____
- Book 3: _____
- Book 4: _____

INTENTION:

- Book 1: _____
- Book 2: _____
- Book 3: _____
- Book 4: _____

PLAN WITH PURPOSE

+ *Wild Intention*

You've done something brave: you paused to reflect. You looked back with honesty, took stock of where you are now, and dreamed boldly into what could be next. This journey wasn't just about journaling—it was about remembering who you are, re-grounding in what matters, and planting seeds for who you're becoming. This final section is your daily anchor. Use the Daily Reflection Journal page to return to yourself with consistency and care. Whether life feels calm or chaotic, coming back to a simple daily rhythm can keep your heart aligned with your bigger vision.

This isn't about perfection—it's about presence.

"Where there is no vision, the people perish..."
— Proverbs 29:18 (KJV)

...But where there is vision—and a plan to nurture it—growth flourishes wildly.

Make it Yours

You don't have to use a paper planner to keep this work alive. Set reminders in your digital calendar to revisit key questions weekly and monthly. These moments of check-in become your waypoints—your North Stars—keeping you rooted and intentional as the seasons shift.

Consider Reflecting On:

Weekly

- What did I do this week that moved me closer to the life I want?
- Where did I feel out of alignment, and how can I gently shift?

Monthly

- Which area of my life feels most supported right now?
- Which area needs more attention, love, or clarity?

Let these questions guide your momentum forward. Revisit your word of the year. Reread what mattered most to you. And then? Keep going. Rooted. Clear. Unshakably you.

Daily Reflection Journal

Date ____ / ____ / ____


Mood Tracker

Choose a face      

Add a description _____

Highlights of the day

01	_____
02	_____
03	_____
04	_____
05	_____
06	_____
07	_____

Gratitude List 

What I learned today

Goals for tomorrow



You've come so far

And your next steps can be
just as intentional.

Take a deep breath and really let that sink in.

You didn't just answer questions—you created space for clarity, healing, and growth. You reconnected with your truth, reflected on what matters most, and began laying the foundation for a beautifully aligned life. This is more than a workbook. It's your personal blueprint—crafted by you, for you.

The path ahead might not always be straight, but you've got direction now. You've got intention. ***And that's everything.***

Keep Moving Forward

When you're ready for deeper growth, support, or strategy, you don't have to go it alone.

👉 Visit heatherboers.com to explore how we can work together—whether it's coaching, connection, or continuing your inner work inside the Beautifully Rebuilt space.

I'd Love Your Feedback

If this guide supported you in any way—big or small—I'd be honored to hear about it. Feel free to share your thoughts, breakthroughs, or ideas to letsconnect@heatherboers.com. Your message helps me grow and serve more women just like you.



Keep Becoming



“Be fearless in the pursuit of what sets your soul on fire.”

— Jennifer Lee

MY FINAL WISH FOR YOU ...

My final wish for you is simple but powerful: keep going. Whether your next step is opening a book, diving deeper with me, or taking an entirely new path, honor it. You are a work of art in motion—never finished, always unfolding. You are an energetic being, ever-evolving, expanding, and becoming. Tend to that growth. Revisit your progress often, not to judge it, but to witness how far you’ve come and how deeply you’re learning to love, trust, and show up for yourself. This journey is yours—and it’s far from over.

WHAT OTHERS ARE SAYING



Christine F., New York

“ Heather has a wonderful way of raising the self-esteem of struggling women who can't find their beauty anymore because of abuse, abandonment, and health issues. The energy she radiates is incredible! She has a true gift in helping women with low self-image issues because she sees thru all of the depression and looks to the magic each individual has inside them. She sees their soul!

Lizzy M., Wisconsin

I cannot express how grateful I am for Heather and the coaching we did together! She inspired me to feel better about myself and reminded me just how unique and beautiful I am!



“Your Wilder Awakening has already begun—Stay open, stay wild, stay true.”