



YOUR FREE RANGE PROFILE

AVID ADVENTURER

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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





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





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, whatever that means for us.



You are an AVID ADVENTURER

As an AVID ADVENTURER you're always on the go. You have things to do and places to be, and you won't let anything stand in your way. When it comes to your health and wellness, you're tired of the same old, same old. You want to know what's cutting-edge. What's the latest science say? How can you use tech to improve your life?



When it comes to your PHYSICAL health, even if you have limitations in what you can do, you never stop searching for answers. Once you find something that works for you, it's yours, and you're always looking for ways to improve upon it or implement it in new ways. You probably prefer being around other people or outdoors. Being stuck inside isn't your thing unless you have a good community around you. Be careful that you don't push too much and cause injury.



When it comes to your EMOTIONAL health, you're always searching for answers. You take an active role in improving your mental health and getting to the bottom of what might be happening. You're not ashamed to feel your emotions, and you try to be authentic in all your endeavors. You're serious about stress reduction, because who has time to be stressed when you have so many things to do? Just make sure to understand your feelings instead of being so busy you ignore them.



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Your ENERGETIC health is good because you try not to let things get stagnant. You might have a tendency to go too much and not sit and process things. If you're not into energy work, perhaps you could try a sound bath or learning the power of music to help clean your energy fields. Most of all, make sure you're working with your energy field in a healthy manner and not striving for perfection. It's okay if you don't feel perfect all the time.



When it comes to your SPIRITUAL health, it's possible you don't give much thought to it. Or you could have an active spiritual life. Whichever you have, or even if it's something in between, your need for movement has you seeking pleasure and connection in whatever you do. Even quiet, contemplative moments have value and can bring you what you seek, so don't get caught up in the shiny and forget the solace.



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!



Avid Adventurer: What does it mean?

Now that you know you're an AVID ADVENTURER, 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 AVID ADVENTURER personality type creates a real push-pull resistance within neurodivergent individuals. On one hand, for those with ADHD, the need to be doing, to see new things, to experience new ways for wellness can be stimulating. It's the change your mind craves. It's also easy to get lost in the doing and not focus so much on the feeling. It can be difficult, especially for those of us with ADHD, to sit with our thoughts, to observe them as an outside viewer in a meditative way, and to determine if what we're doing really is good for us, or just scratches that dopamine itch we have.

On the other hand, autism makes individuals less likely to seek out change. We like stability. We love routines. And doing the same thing every day-- perfection. We know what we're doing. There's no awkward transition between activities, and no unknown. As an AVID ADVENTURER you can still seek new things by making smaller, more incremental changes. Changing the time of day you do something can be enough, or going for twenty minutes instead of ten.

Being chronically ill or disabled may make you leery to try new things. If you never know how your body is going to react, then it can be difficult to plan. So I encourage you to be in the moment. Go by how your body feels, and try slower, more progressive changes. Honor your body's limits and feelings-- no matter what they are.



Avid Adventurer Wellness Tips

Physical Wellness

1. Seek new things to keep your mind engaged as well as your body. Try new classes, with a buddy if possible.
2. Use a calendar reminder or app to set a schedule and help you stick to it.
3. Don't give up too easily. You may feel like "moving on" after one class, but try to go for a set amount of classes or time before deciding an activity isn't right for you.

Emotional Wellness

1. Learn to sit with your feelings and observe them without judgement. It is okay to experience anger or sadness or other feelings society labels as "negative".
2. Develop a practice to trust your intuition. Your gut feelings are meaningful and valid.
3. Allow yourself to release and process emotions. Sometimes you get so busy you forget to feel.



Avid Adventurer Wellness Tips

Energetic Wellness

1. Turn on your favorite music to get energy moving. Dance it away.
2. Pay attention to how situations feel. If you're doing something that feels "off" ask yourself why.
3. Find ways to ground yourself, whether through guided meditation or by touching rocks or connecting with nature.

Spiritual Wellness

1. Feel free to discover your own connection to yourself and the world around you. It's okay if you don't follow a traditional or organized religious practice.
2. Take time to understand how you are a part of the human family. Find causes or organizations that excite you.
3. Choose kindness towards yourself and others.



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?



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>



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!