



FREE YOURSELF FROM THE

RESOLUTIONS CAGE

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WELCOME to the cusp of the new year.

Whether you've downloaded this in December or January, you're in the right place. You want to make changes in 2023, but you don't want to feel caged into anything. And you'd much rather make changes that stick, rather than give up in a few weeks.



What you'll find inside this guide:

- How to ensure your resolutions don't "should" all over you
- Ways to create authentic change that comes from within.
- How to plan to succeed.
- Worksheets to help you
- Your next steps





Stop your resolutions from "shoulding" on you.

When it comes to making changes, resolutions or not, there's one thing that always comes up and instantly dooms even the best plans.

SHOULD. You say it. I say it. We all say it. We "should" do (whatever) for our health. We "should" say yes to ourselves more. And yet, more often than not, when we "should" ourselves, we're not listening to our innermost selves. Whenever you catch yourself saying "should", ask yourself this: who says you should?



Who says you should? If it is a professional, such as a member of your health care team, or a friend or family member who loves you--listen to them. But then ask yourself who does their advice center? Does it have your well-being in mind? Will it benefit you? And if so, how can you make it happen on YOUR terms? It's not selfish to center yourself and your own reasons for doing something. So if you want to do it, why?



How can you make the change your own? If you would like to move more, for example, how can you do it on your own terms? What do you want to do? Dance? Hike in the woods? Yoga in silence? Exercise your horse or dog? Don't listen to what someone else wants you to do. Only do it if you want to do it and can make it something that feels good to you.



Authentic change comes from within.

The new year seems like a good time to make change. It offers a blank slate, a turn of the calendar. We're bombarded with images, sales, ads especially for health and wellness products and services. And sure, most of us know eating better and moving more will lead to better health outcomes, but also, those things come with price tags, both financial and mental/emotional/energetic. When you're facing a lack of income, a dynamic disability, or have sensory needs, those common resolutions feel more like chores than joyous change.



How do you make authentic change come from within? Find your own reasons for doing something. Health is abstract. What do you want to do? Be as specific as possible. Ask yourself who you want to do it for? Again, ideally you'll be doing this for yourself, but if your mental or emotional state makes that tough, perhaps start with someone else like your spouse, a good friend, or maybe children or grandchildren.



Allow yourself to imagine. Not just the future, though that's always a great way to start, but also how you'll make the change. Imagine the future you want to create through this change. Feel the emotions associated with it, and feel the change in your heart.



Successful Plans Center You.

Who says you should do it?
Why do you want to do it?
How can you make it your own?

Too often we think we're being selfish if we center ourselves. And yet, when it comes to making any change, but especially new year resolution, if we want the change to stick, we have to center ourselves. We have to find a way to make it work with OUR life in OUR OWN way.

If you want to make a change, you have to commit to it. Know that there will be times when it's difficult, when you won't want to get out of bed or tell yourself "maybe tomorrow". Your successful plan, the one that centers you, needs to account for those days, too.

Define the change. Be as specific as possible, but know what change you want to make, why and for whom.

Schedule the change. Whatever it is, it's going to require time. Get as good an idea as possible for how much time it's going to take and where you're going to do it.

Prepare for the change. You don't have to answer all the objections right away, but think of ways you're going to work through them when they happen.

Embrace the change. This is a journey. It's a special journey, one crafted just for you. Know that change takes time and the process won't happen over night. But also, don't be afraid of what the future holds. Change can be scary and difficult. Take it on your own terms, but do move forward.



Tips to Uncage Your Resolutions

DEFINE

1. Use a journal, draw, make a collage or a vision board, but do something to make your resolution for change real and visible.
2. Remember it's not selfish to want change for yourself.
3. Don't be too hard on yourself. Even big changes can start small or be broken down into smaller pieces.

SCHEDULE

1. Use a to do or calendar app to add the change, or the steps toward it, to your schedule.
2. If time feels like it's getting away from you, break your goal down into shorter ones.
3. Build mindfulness into your scheduling. Remember, you don't have to multi-task every moment of every day. Take time for you.



Tips to Uncage Your Resolutions

PREPARE

1. Normally I'd tell you not to listen to other people's objections or concerns, but this time mine them for ways they can help you prepare. You don't even have to tell them.
2. Don't get bogged down here. Just know it's going to happen and make a plan.
3. Remember to center yourself. Keep your reasons why you're doing something foremost in your mind.

EMBRACE

1. Treat your goals like an adventure. The journey may not unfold the way you think it will, but it will most likely still be amazing.
2. Be willing to seek new paths. Sometimes schedules don't work out or things change. While not always for the better, often some good can be found there.
3. Watch your mindset. Remember your goals are possible, and you're amazing.

If you're looking for some accountability and support, check out the "Coop of Change" meetings as part of your Free Range Wellness Club membership.



Uncage Your Resolution Worksheet

What is your goal? Be specific. What do you want to do? In what time frame? How do you want to do it?

Who are you making this change for? Again, be specific.

Why are you making this change?

How will you make this change your own? List 4 ways.

- 1.
- 2.
- 3.
- 4.



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.



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 right now we're launching a "grow with us" special and opening up one-time enrollment **at the low rate of \$10/month**. That saves you \$19 each month and the savings will grow the longer you remain a member.

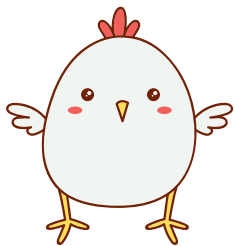
Join at:

<https://club.chickenyogi.com/GROWspecial>

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>



As part of your Free Range Wellness Club membership we'll be having "Coop of Change" meetings twice a month for accountability, encouragement, and support. Not just for the new year, but all year round, because change doesn't just happen once a year.



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!