HOW TO BE A WILD WOMAN
E-BOOK BY WILD WOMEN ON TOP
HOW TO BE A WILD WOMAN AND LEAD AN ADVENTUROUS LIFE YOU LOVE ...
Wild Women On Top is a social enterprise which inspires and empowers women to lead adventurous lives they love through shared hiking adventures.

We create events, adventures and training experiences to support our vision of a happier world and our mission of transforming the lives of women globally. Our team has inspired tens of thousands of Australian women to get fit hiking and has raised over $20 million for charity.

Our tribe is at the heart of the Wild Women On Top community. The motivation, inspiration and support that comes from sharing adventures with like-minded women in nature is truly priceless. With the right tribe, you can achieve things you never believed possible.

Wild Women On Top value cooperation ahead of competition and value the power of T.E.A.M: “Together Everyone Achieves More”. We love the feeling of being fit, strong and empowered to take on amazing adventure challenges, and the natural exhilaration that follows. We believe that attitude is the difference between an ordeal and an adventure.

If you’re looking to travel to amazing places, experience magic moments with like-minded women and lead an adventurous life you love, we are the tribe for you.
What does it mean to be a Wild Woman On Top?

It means discovering a new you; a healthier you, a fitter you, a stronger you. A new world of life-changing adventures that inspires you to make healthy choices at every turn.

Becoming a Wild Woman means getting up each day with purpose and joy. It means healthy daily habits. It means you have energy to sparkle.

This journey will take you to places you never would have imagined. Join us as we unzip our tents to sunrise over Mt Everest, sleep on the lip of a crater, scamper through the jungle with wild monkeys and swim with turtles. We will walk through pristine, untouched wilderness, hug thousand-year-old trees and marvel in awe at hanging glaciers and waterfalls of ice.

Together, we will laugh till it hurts and dance in the moonlight and plunge, naked, into private, sparkling clear, freshwater lakes, brimming with a sense of joy that cannot be put into words.

When you embark on this adventure you will learn about your body and your mind, find a healthier you and connect with a community of wild, motivated and inspiring women in nature.

Become a Wild Woman and you will discover a life of true joy, health and lasting happiness.

What are you waiting for?
THE ESSENTIALS

1. Adopt an adventure mindset

2. Practice the Daily Rituals of Joy

3. Connect with like-minded people

4. Aspire to the Golden Rules

5. Lead an adventurous life you love

These five pillars are the cornerstones of being a Wild Woman. Your adventurous mindset will motivate you to get started, giving you a reason to transform your habits. The Daily Rituals of Joy will provide actionable steps to keep you motivated. Connecting with like-minded people who support your goals will provide you with adventure buddies, and keep you accountable. The Golden Rules will show you how to do it all the Wild Women way. From there, you can watch your adventurous life unfold.

You will create new habits that bring about sustained behavioral change. You will bounce out of bed, energised and sparkling, establish a positive relationship with food and exercise, and feel transformed, creating a ripple effect that improves the lives of those around you.
ADAPT AN ADVENTURE MINDSET

Adventure is a state of mind as well as a metaphor for life which reconnects us with our biochemistry for survival. It's not easily learned from a book. It needs to be experienced in the flesh. There's the thrill of the planning, the excitement of the challenge, the freedom of the hills, the meditation of movement and the exhilaration of overcoming the odds.

Armed with the confidence that comes from small wins, you can ride the waves of failure and disappointment knowing you have the resilience and energy to thrive. You learn the harder the challenge the greater the exhilaration, planning is paramount, the fitter you are the more fun you'll have and teamwork maximises success.

The Adventure Mindset has been instinctively used for millennia to help us transition from grind to growth, turn obstacles into opportunities, work together, get strong, fit and powerful, build resilience, lift as we climb and feel joy.

And the Adventure Mindset starts with an adventure. Having a goal or purpose motivates us to bounce out of bed with a spring in our step. Psychologists say it's in the top three ingredients of happiness.

Wild Women choose shared hiking adventures for this purpose.

When you commit to a Wild Adventure, you will find you have that awesome, “something to look forward to” that inspires and motivates you to be the fittest and healthiest you can be... and this makes you feel happy.
Rituals make it much easier for us to stay on the happiness highway. We’ve shared the following daily practices, underpinned by science and real women’s successes, with thousands of clients. They’ll help you, too.

**Love:** It makes the world go round.

**Move:** Walk, hike, skip, stroll, leap, dance, stretch, bonk, climb, surf, ride or paddle for an hour and puff for five minutes.

**Nourish:** Eat real, unprocessed food until 80% full, 80% of the time.

**Sleep:** Rejuvenate and heal with your eight-hour dose.

**Mindful:** Practice yoga, meditation, deep healing breaths or just being present for 10 minutes.

**Nature:** Get outside into the garden, park, woods, river, bush, coast, sunshine, breeze, trails, lake or seaside for 10 minutes.

**Goodness:** Always bring more than you take away.

**Grateful:** Take moments to spot and savor slivers of joy.

**Giggle:** Lighten up because laughter really is the best medicine.

**Tech-off:** Go screen free for just an hour.

For more information of how and why these rituals work, check out *Natural Exhilaration: Lead an Adventurous Life You Love* by Di Westaway. You can download a printable version of the Daily Rituals of Joy on our [website](#).
By becoming an Wild Woman you will become part of a global movement of women who inspire and empower each other to lead adventurous lives they love.

You will connect with kindred spirits, and find a deep sense of belonging.

By joining our tribe you will have the opportunity to unite with thousands of like-minded women. Our community comes from all walks of life, and vary in age, occupation, shape and size, but they share a common passion for Wild Adventures.

By joining our community, you will be inspired by women who have transformed their lives, over and over again.

Worldwide, there are women living remarkable lives, taking on Wild Adventures in many forms. As a Wild Woman, you will not only find yourself inspired by the amazing stories of their remarkable journeys, you will inspire others through your own.

How to join the Wild Women On Top community:
- ‘Like’ our Facebook page
- Join our ‘Wild Adventures Community’ group on Facebook
- Sign up for Coastrek and engage with our event page
- Sign up for the Wild Women Weekly to stay in the loop with ways you can connect
- Join us at our many community building events each year
Wild Women On Top is all about inspiring and empowering women to lead adventurous lives they love. With the help of our community, we have developed the following Golden Rules to assist in conveying the culture of what we do. Wild Women On Top do things differently, and that’s what makes our community unique and special.

When you join our community, we ask you to aspire to the following rules:

1. Set challenging adventure goals, write them down, train hard and you will achieve them. (No excuses!)
2. Stay positive at all times.
4. Expect the unexpected.
5. If you have a gripe, handle it discretely, or air it politely. (Don’t let it fester!)
6. Buy quality gear. (This will save you money and could save your life.)
7. Don’t come home from training or trips tired. Be energised and happy.
8. Leave no trace. (The wilderness is sacred!)
9. Bring MORE than you take away. (Including chocolate!)
10. Happy endings guarantee the next leave pass. (This one is secret!)

For more information on how these rules were created, check out *Wild Women On Top: How To Prepare For World Class Treks* by Di Westaway.
Wild Women On Top inspires and empowers women to lead adventurous lives they love. It’s our mission to create a more joyful world through shared hiking adventures.

We know natural movement makes us happy. Nature helps us thrive - energising the mind, body and spirit, creating healthy food to nourish us and providing active adventures. When you commit to leading an adventurous life you love, the good times become better and the hard times easier, because you’re more equipped to handle them.

Life can be tough. Hardships hurt. But having daily habits or rituals which trigger your happy hormones gives you a system to get back on track faster. It’s like taking your medicine. And every day you get another chance to get it right.

Having an active adventure to look forward to inspires you to act and keeps you on track. Sure, there’ll still be times when you feel sad or unmotivated, but you’ll know how to bounce back when life hits you where it hurts.

So adopt an adventure mindset, practice the Daily Rituals of Joy, connect with like-minded people and aspire to the Golden Rules. These steps will support you on your quest to lead an adventurous life you love, and from there you can inspire others to do the same.

When you become happier and healthier, you create a ripple effect that transforms the lives of those around you. Your family, friends and children will be influenced by your adventurous spirit. What are you waiting for?