TWL



A FREE GUIDE FROM THE WISE LEOPARD

10 rituals to stay cool and feel like *you.*

Simple, personal practices for the warm moments, the restless nights and everything this chapter asks of you.

Tricia Brouk

FOUNDER, THE WISE LEOPARD, NEW YORK



BEFORE WE BEGIN

A note from *Tricia.*

For a long time I treated my body's signals as inconveniences. Things to push through. I had a career to run and a schedule to keep. Then midlife arrived and my body got louder. Not in a frightening way. In a this-is-important way.

I started listening differently. Not to fix what she was saying, but to understand it. Heat is information. Sleeplessness is information. The sudden clarity at 3 a.m. is information.

These ten rituals come from my weekly letters to our community. They are the things I actually do. None of them are rules. Take the ones that speak to you and leave the rest.

Wise love, Tricia

01 Design your morning
02 Track your energy
03 Rest without apology
04 Dress your nights to breathe
05 Listen to your body
06 Keep your reset within reach
07 Single-task and write it down
08 Say no without explaining
09 Curate your inner circle
10 Step away without guilt



01 Design your morning like the *CEO of your life.*

Your morning sets the tone for everything. It does not matter what it is: journaling, meditation, a walk outside. It needs to be intentional, and it needs to be consistent.

> *"This isn't about perfection. It's about sovereignty."*

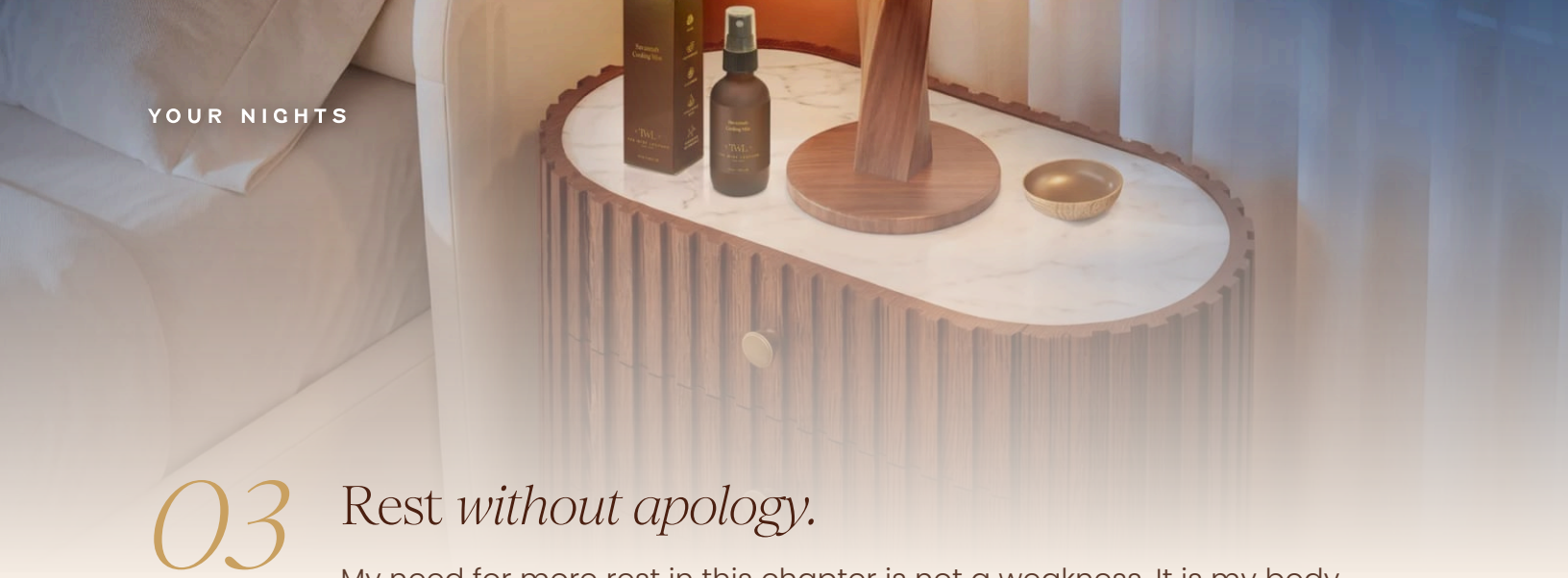
TRY THIS

Choose one thing you will do every morning this week before you look at your phone.

02 Track your energy like a CEO *tracks revenue.*

Your energy is your most precious resource. I schedule my most demanding work in my peak hours, for me between 11 a.m. and 2 p.m., and I fiercely protect my restoration time. Ask yourself:

- When am I naturally most creative?
- When do I need restoration?
- What drains me, and what fuels me?



03 Rest *without apology.*

My need for more rest in this chapter is not a weakness. It is my body doing important work. Leopards spend most of their day resting, and they never apologize for it.

TRY THIS

Notice when your body asks for rest. Don't negotiate with it. Then practice one act of rest without justification, not because you earned it, simply because your body is asking.

04 Dress your nights in fabrics *that breathe.*

I like to feel something soft on my skin at night: a comfy cotton t-shirt or a silk set. Choose sleepwear that feels naturally cool and dries quickly.

TRY THIS

Keep a second set and a glass of water on your nightstand, next to your mist, so everything you need is within reach at 3 a.m.



05 Listen to your body as *a partner.*

My body is not working against me. She never was. She has been navigating this chapter right alongside me, sending information in the only language she has.

> *"Stop treating our bodies as problems to manage and start treating them as partners who have something to say."*

TRY THIS

Ask yourself: what has my body been trying to tell me lately? Not what it is doing. What it is saying.

06 Keep your reset *within reach.*

The moments that need a reset do not announce themselves. They arrive mid-sentence, mid-presentation, mid-important conversation. You need what helps you already there: on your desk, on your nightstand, in your bag.

TRY THIS

Make your own four-second ritual. Eyes closed. One or two sprays of cool over your face and neck. Then back, fully present and fully you.



07 Single-task, and *write it down.*

When a word vanishes mid-sentence, you are not losing your mind. I use the same tools I teach speakers for staying clear under pressure. I write everything down: lists, notes and a calendar that tells me what, where and when.

- Do one thing at a time.
- Take a few focused breaths before important moments.
- Repeating yourself? Say "forgive me if I am repeating myself", then say it anyway.

08 Say no *without explaining.*

Not maybe. Not "let me think about it". Just: this does not align with my focus right now. In this chapter I trust my inner knowing more than other people's expectations. After I said no, I did not feel guilty. I felt clear.

> *"FOMO is for people who do not know what they want. JOMO, the joy of missing out, is for women who do."*



09 Curate your *inner circle.*

The relationships that last are not always the longest ones. They are the ones where you can be completely yourself. Ask of each one:

- Does this person celebrate my wins or diminish them?
- Do they inspire growth, or encourage playing small?
- Can I be vulnerable here, or do I always have to be on?
- Am I energized after being with them, or drained?

10 Step away *without guilt.*

Hiding what is happening creates its own kind of stress. If you need to step away from the dinner, the meeting or the celebration to cool down, rest or simply breathe, do it.

> *"Your wellbeing isn't selfish. It's foundational."*



THE FOUR-SECOND RESET

Close your eyes. Mist. *Get cool.*

I created the Savannah Cooling Mist for exactly these moments. Organic hydrosols of rose, cucumber, peppermint and vanilla, light enough for over makeup, small enough for any bag.

Close your eyes.

Wherever you are.

Mist.

Face, neck, chest or wrists.

Breathe.

Then carry on, exactly as you are.

Savannah Cooling Mist

50 ml. Natural and organic, cruelty free, made in the USA.

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YOUR TURN

Five questions *for you.*

I end every letter with a question, because your answers teach me as much as mine teach you. Take ten quiet minutes with these.

Where in my life am I saying yes when something deeper is telling me no?

How does my body ask for rest, and how do I respond?

What am I protecting right now?

Who leaves me energized, and who leaves me drained?

What would change if I truly honored my body's need for rest?

A letter from Tricia, *every week.*

You are now part of our community. Every week I write to you personally, with the insights I wish someone had told me about this chapter of life. Hit reply anytime. I would love to hear from you.

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