



The Aligned Leader

A Self-Care & Soulful Growth Guide
for
Business Owners



Created by Lucia River-Wilde



Guide Introduction

Dear Conscious Leader,

This guide is a soft reminder that your well-being and your business are not separate.

The way you treat yourself — the space you give your ideas, the compassion you offer your body, the boundaries you honor — is the same energy that flows into your business. When you lead from alignment, everything becomes more sustainable. More magnetic. More true.

These practices are not time-consuming or complex. They are small shifts in attention, intention, and rhythm — designed to help you show up as your fullest, calmest, clearest self.

With trust and transformation,

Lucia River-Wilde

Master Coach Practitioner | Soul Guide | Conscious Entrepreneur



5 Practices for Aligned Leadership and Growth

Start With Stillness

Instead of jumping into the day, begin with 3 minutes of silence or a grounding breath.

Ask yourself:

“How do I want to feel as I lead today?”

Let your tasks follow that feeling — not the other way around.



Nourish the Container (That's You)

You are the sacred container for your business.
What you pour into yourself, you pour into your
work.

Each day, ask:

“What does my body need to feel supported?”

“What boundary would protect my creativity
today?”

Self-trust is built through consistent, loving
attention.



Lead with Inner Clarity

Before you plan, post, or push — pause.

Ask:

“Is this aligned with who I really am and what I truly want to build?”

“Am I leading from fear... or from soul?”

Alignment magnetizes the right people, clients, and opportunities.



Connect Before You Promote

Every piece of content, offer, or conversation is an energetic exchange.

Take 60 seconds to connect inward before you share outward.

Breathe. Ground. Speak from your essence — not from urgency.



End with Integrity

At the end of your day or week, take 5 minutes to reflect:

- What am I proud of — even if no one saw it?
- What drained me — and what lit me up?
- What would my *Inner Leader* thank me for?

Close the loop. Celebrate quietly.
Let the cycle rest.



Reflection Questions

Use these in your journal, or bring them into your weekly CEO check-ins:

- What am I modelling to my clients or team about self-care and boundaries?
- Where in my business do I feel out of alignment — and why?
- How would my business shift if I prioritized my emotional well-being?
- What parts of me are asking to be seen, not just sold?



Grounding Affirmation

I am the leader my vision has been waiting for.

I lead from calm.
I build from clarity.
I grow from love.



Happy *Grounding* and may you
continuously discover Your Power, Your
Worth and Your Aligned Self,
Lucia River-Wilde

