

The Audacity Experiment

Chris Corsini xo



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Seasonal Sorting Quiz

If you can't quite tell which energetic season you're vibing in right now, take this quiz. Read each of the following 10 statements and give them a number from 1 to 5 based on whether you strongly agree (5), agree (4), feel neutral (3), disagree (2) or strongly disagree (1). Don't overthink it; just go with your gut.

Grab your fancy-pants journal, your Notes app, or the back of an old receipt – whatever works – and keep a running tally as you go. We're not aiming for perfection here, just a little energetic self-awareness.

1. Physically, I have energy and I can get shit done! 1 2 3 4 5
2. My mind is clear, sharp, and at peace. 1 2 3 4 5
3. I'm open and curious to new ideas, experiences, and suggestions. 1 2 3 4 5
4. Emotionally, I feel stable and solid. 1 2 3 4 5
5. I'm motivated and passionate about things in my life right now. 1 2 3 4 5
6. My sense of purpose and direction feels clear. 1 2 3 4 5
7. I could totally take a risk. I'm cool with change and the unknown. 1 2 3 4 5
8. I feel connected to myself, my body, and who I am. 1 2 3 4 5
9. I feel expressive and inspired. I wanna create something! 1 2 3 4 5
10. I feel in flow with life, supported by the Universe, and at ease. 1 2 3 4 5

1 2 3 4 5
Strongly disagree! Strongly Agree!

Now add up your total – circle it, star it, highlight it in neon pink, whatever your little heart desires – and then match your score to the Seasonal Key:

10–19: Winter

20–29: Fall

30–39: Spring

40–50: Summer


which Season
are you in?

Come back to this quiz whenever you need a vibe check on where you're at. You'll be shocked (or not) by how often your season shifts. That's the whole point: you're an evolving creature. Let the seasons be your guide.

Intuitive Wordsearch *My Fave!*

If you're drawn to play and spontaneity, try the Intuitive Wordsearch. Scan the page, let your eyes land on a word that resonates, and trust it. That word will connect with a season in the key.



* Found a Word?
Great! 

Intuitive Wordsearch Key

- RENEW – Spring
- RECEIVE – Fall
- CONNECT – Summer
- RELEASE – Fall
- BREAK – Fall
- REST – Winter
- QUESTION – Winter
- BELIEVE – Spring
- CREATE – Summer
- PLAY – Summer
- FEEL – Winter
- ADJUST – Fall
- EXPAND – Spring
- CLEANSE – Spring
- ACHE – Winter

*These are
the seasons
tied to each
Word 😊*

Suggested Chapters for Each Season



Spring – An Invitation for Renewal and Awakening

SUGGESTED CHAPTERS TO LISTEN TO: You're Programmed; Who Are You Now, Why, and How?; Your Body Is Technology; Rewilding; Change Your Environment, Not Yourself; The Vibration of Vocabulary; Dreaming and Imagination; Synchronicities

Summer – Feeling Excited, Expansive, and Expressive



SUGGESTED CHAPTERS TO LISTEN TO: People Are Trees; Lose Your Fucking Mind; Alchemize Energy; Fuck This, Fuck That, Fuck It; Activating Abundance; More Joy, More Play; Do the Thing; Bending the Spoon

Fall – A Moment of Harvest and Release



SUGGESTED CHAPTERS TO LISTEN TO: Bending Time; Triggers and Flags (Pain Points); Disappointment (ft. Ariana Grande); Cutting Cords; Integration; Self-Sacrificing and People Pleasing; People and Projections; Purpose and Priorities

Winter – Required Stillness and Fertility

SUGGESTED CHAPTERS TO LISTEN TO: Pause with the Panic; Shadow Work; Tell Them You Love Them; Stuck; Shame; Grief and Releasing; Energetic Boundaries; The Audacity to Be Soft Yet Bold

Resources

*These are
insanely supportive!*

Throughout the audiobook, you'll hear me reference extra practices, discussions, and resources. All of these resources can also be accessed via theaudacityexperiment.com. Over time, these resources will be updated so there's fresh support for you to tap in to. These resources allow you to experiment, grow, and evolve beyond the audiobook so don't skip them!

ASL Edition



Yes, we went there. *The Audacity Experiment* is also available in an American Sign Language edition, because accessibility matters and everyone deserves access to this work. If ASL is your preferred language, or part of how you experience the world, you'll find a fully signed version waiting for you at theaudacityexperiment.com.

STFU for
one whole
day!

observe
your
thoughts

Monie -
Spend time alone!
Solo trip
Dinner

shhh!

Dance in Public.
♪ ♪

PART I: THE AUDACITY TO QUESTION EVERYTHING

What stories
Keep coming up?
Notice them &
Keep track of
the themes.

Delay your
first
reaction.

TRY SOMETHING NEW

→ Sit in a
Cafe and observe
People; make
Zero judgements.
Simply observe.

Set a timer
for 15 min.
Don't stop
writing!

Create one
new daily
ritual. ♥



★ Speak less,
Listen more.

?
? Question one
strong belief.?


Take a new
way to work.

Don't listen
to their
Advice.

?
★ Ask yourself "Why"
you think that.

Shake your fucking body!

Get outside!


Name the sensation.


Call a friend.

Rest
(Without Guilt)

PART II: THE AUDACITY TO FEEL IT ALL

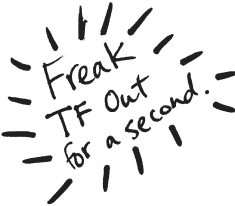
or paint or draw something.

Dance it out.

TRY

Create something!

take a nap!

Freak TF out for a second.


SOMETHING

zzz


NEW


Scream in a pillow!

★ Stop numbing the pain and sit with it. (It will pass)

Feel it without trying to fix it.

Be Angry

Practice Box Breathing.

take a kickboxing class!
(Amazing if you're pissed!)


Have an ice cream.


Cry it out, babe.


Cry
it out.



Make a list
of all the ways
you perform for
others. What
masks are you
wearing?

Rest.

→ Where is the
feeling in your
body? Close your
eyes. Find it.
Breathe into that
space w/ intention
to release it gently.

* What feels
too heavy to
keep carrying?
Drop it!

PART III: THE AUDACITY TO LET GO TRY SOMETHING NEW

Let things be
messy for a minute
without judging yourself.

Don't
Isolate.

Call a
friend

* Cut the cords.

seriously!
↓
Hug a tree!

Clean your
energy!

Take a salt
bath or scrub
w/ salt in shower

Write a letter.
Say all the shit.
Burn it safely.
(Don't send it lol)

Do not over-explain yourself to others.

Speak TF up!

Say, "fuck and this" and leave!

→ Make a list of all the ways you people-please. Then stop.

Set one strong boundary this month.

PART IV: THE AUDACITY TO CHOOSE YOURSELF

Let someone misunderstand you this week.

TRY SOMETHING NEW

Stop Rescuing people.

→ Write a list of all the ways you betray yourself. Stop doing that.

* Shut off your phone

Say "No" five times this week.

♥♥
Treat yourself, babe. xoxo
♥♥

Take a day off.

↓
Prioritize your needs!

Don't Go.

* Make A Vision Board
\$ ✂ ↓

Take up space.

Record your affirmations as a voice note & listen before bedtime.

Brush your teeth with the other hand. 😊

Ask for what you want.

art / music
Create something!
clay / poetry / sketch / paint

Ask your guides for a specific sign! ✨

PART V: THE AUDACITY TO DO THE DAMN THING

Take a new class.

TRY

SOMETHING

NEW

Pay It Forward.

Do something you normally wouldn't. * * *

crystals / magic wand / pendulum / Go to an esoteric shop & buy/try a new tool. / Tarot / oracle / herbs

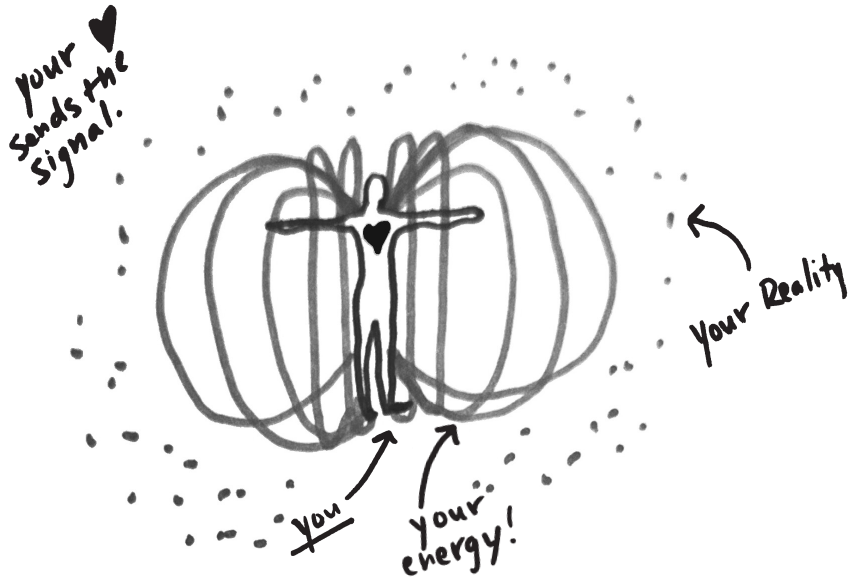
Take a Solo date night.

Play.

Walk Backwards for 6 min./day

leave a love note somewhere. ♥

Toroidal Field (Basic)

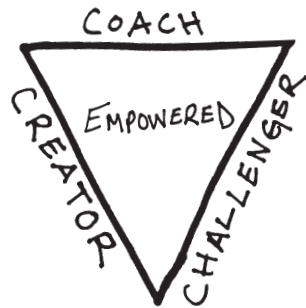




Drama Triangle vs. Empowerment Dynamic



Drama Triangle



Empowerment Dynamic