

WARRIOR GODDESS TRAINING
COMPANION WORKBOOK

WARRIOR
GODDESS
TRAINING



COMPANION
WORKBOOK

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Introduction

Hello Warrior Goddesses! Welcome to the *Warrior Goddess Training Companion Workbook*.

As the name implies, this companion guide is meant to be read either simultaneously with or after you have read the primary book, *Warrior Goddess Training: Become the Woman You Are Meant to Be*.

I know we have some nonconformists in the crowd—I love that about you—and as a result, some may choose to read this companion workbook without reading *Warrior Goddess Training*. That’s fine too, but please know that I don’t recommend this, as many of the exercises here will make far more sense after you’ve read the full lessons in the main book.

Now that the disclaimer portion is out of the way, let’s jump right in!

As I wrote in *Warrior Goddess Training*, transformation requires action. Not action from the place of “I have to force myself to do this because I am flawed,” but healing action from the place of “I love and honor myself for who I am, and I have a desire to go deeper, to stretch, to experiment. I’m ready!”

Transformation takes willingness to step outside our comfort zones, to try new things, and to learn more about ourselves in the process, adjusting as we go along.

To move from understanding to embodiment means getting out of the safety of our thinking and stepping into the messiness of the unknown.

I don't know about you, but I don't like not doing things perfectly the first time. I want to succeed immediately, to nail it on the first try, to be graceful and calm and collected at all times. I don't relish being scared, or frustrated, or unsure of myself. But I have learned to embrace when I am faced with the unknown, when I feel out of my depth, when I am feeling queasy because I'm doing something that terrifies or confuses me. Because I know that the moments of free fall are what will help me find my wings.

The way to master something is to be willing to make mistakes, sometimes spectacular mistakes; to be klutzy, awkward, and, most importantly, to *try again*. And again. And again.

This *Warrior Goddess Companion Workbook* is meant to be just that: a companion with you on each step of your journey to become the woman you are meant to be. Let it be a beacon that illuminates the hidden places within you, that shines bright like the sun on any old fears and unhealthy patterns, and helps you burn away your limitations and struggles. Use this companion as a partner and friend in three Warrior Goddess steps:

Introduction

Step 1: Commit

— x —

Make this companion book yours. Claim your path of healing with all your heart.

Write your name on the inside cover, along with the statement, "I say YES to myself!" Underneath your name and Yes

Statement, draw an image or symbol that represents your Warrior Goddess self.

For those of you who don't like to write in books, this will be your first small step in moving outside your comfort zone. This is a companion book, which means it is a place to hold ink, tears, creased pages, and doodles. Since I can't come to your house and physically hold your hand and cheerlead you through your inner makeover (and bring endless cups of tea and tissues), this book will stand in as your Warrior Goddess confidant, loving butt-kicker, and guide.

Treat this book as a combination coach and journal. Keep it in a safe place so that you are not editing yourself for fear that someone will read your words. Consult it when you are confused or stuck. You don't have to be a "good girl" and start from the beginning and do each exercise before you can go to the next. Be a "bad girl." Write on the pages. Start at the end. Skip things. Do one exercise over and over again. The most important thing is to make it yours and take little bitty steps or grand leaps!

I also encourage you to get a blank notebook just for the purpose of writing down what you find out about yourself on this journey. Many of the exercises require writing space beyond what is included here.

Introduction

Step 2: Make Space

Set aside time on your calendar to do these lessons, and, if possible, keep this companion book close to you for spontaneous interaction.

Remember, it's easy to say, "I'll get to it"; but we rarely get to things unless we create space for them. So make dates with yourself to do the Warrior Goddess exercises. Bring the book with you

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to lunch, wake up early and do a page, or if you have to, balance the book on your knee during your kids' soccer/basketball/track/music practices. Invite a circle of friends to join you.

In her book *The Artist's Way*, Julia Cameron invited her readers to make “art dates” with themselves by picking a couple hours a week to do outings to nourish their artist self. I invite you to do the same by making Warrior Goddess dates with yourself. Put a weekly date on the calendar. Go to a café, a park, a museum, or your bathroom. Open to a page. Experiment. Explore. Repeat regularly. Build your Warrior Goddess muscles with repetition.

Step 3: Enjoy

This is an important one: HAVE FUN!

You are going to be asked to stretch, to challenge yourself, to go into the unknown. This companion book is not designed to make you feel safe and comfortable; it is designed to shake up the familiar so you can shed old limitations and step into the boundlessness that you are. Sometimes it will be uncomfortable. Sometimes it will be difficult. Sometimes it will be scary.

Good!

If you have any of these reactions, it means the work is working you.

And instead of worrying about it, I want you to smile.

Remember that each exercise is designed to bring more clarity, spaciousness, and freedom, and to unleash your Warrior Goddess wisdom. Enjoy the journey. Let go of the idea that you need to fix yourself. You are not broken; you are strong, resilient, and powerful.

For those of you in big transitions or challenges, know this: You are not a victim of life unless you decide you are. Your life

may be incredibly difficult right now. You may feel victimized by your ex, your kids, your health, or even your community. But no matter the circumstances, you can honor your fear while simultaneously nourishing your power. I'm not asking you to pretend you are not overwhelmed, depressed, or afraid. I'm asking you to keep reminding yourself that you will get through whatever life is presenting you (as many courageous women like you in similar situations have) and be bolder, more resilient, and wiser on the other side.

I've designed this workbook to support you in doing each of the Warrior Goddess exercises at your own pace. You can do one a month, one a week, or whenever the mood strikes. Just as there is no one way to be a Warrior Goddess, there is also no one way to do the *Warrior Goddess Companion Workbook*. At the same time, remember that you will get out of it what you put in. Stay steady in applying the lessons to your life, and you'll find that each day becomes brighter and more joyful—and that when tough times hit, you'll discover a new resilience and inner power.

In the following chapters, I review and expand on the teachings and exercises from *Warrior Goddess Training*, and I have included many new exercises not found in the original book. So whether you've already done every single exercise in *Warrior Goddess Training*, or none of them, or somewhere in between, this companion book will guide you, step-by-step, deeper into your own healing and help you build your self-esteem, rev up your inner power, and take new, authentic actions in the world.

At the end of the book, I have included some of the most common questions and answers from Warrior Goddesses around the world, taken from my online Warrior Goddess Bootcamp and training programs, in-person workshops, and numerous emails

I have received from all of you. I hope these stories and tips will help you as you navigate your own way down the Warrior Goddess path. I love to hear your stories, successes, and experiences, so please contact me once you've had a chance to dive into this companion workbook. Go to www.warriorgoddess.com, and know that I am supporting you from afar as you use the tools in this book to become more authentic, loving, and present in your daily life.

Introduction

Lesson 1

Commit to You

From

Warrior Goddess Training

Most women know all about commitment. We commit to hiding or exaggerating our flaws, trying to make others happy or comfortable at the expense of our happiness and comfort, supporting other people's dreams at the expense of our own dreams, and/or criticizing ourselves (and others) at every turn. We commit to who we think we should be rather than committing to meeting ourselves where we are. We commit to seeing ourselves through other people's eyes, gauging our self-worth based on their acceptance, rather than witnessing our unique inner beauty and strength. We commit to being nice rather than being real, or we commit to being right rather than being vulnerable . . .

In Warrior Goddess lesson number one, Commit to You, we begin to close the gap between self-rejection and true acceptance; thinking and being; wishing and becoming.

Your commitment to this idea is the activation of your Warrior Goddess power. When your words, thoughts, and actions foster self-abuse and self-judgment, you are using your immense power against yourself.

Committing to your true, authentic, Warrior Goddess self is the beginning of a lifelong journey of living in authenticity.

Lesson

1

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You are precious, and you are enough. *Exactly as you are.*
But, like most women, you likely carry old seeds of fear about not being good enough, smart enough, pretty enough, small enough, or big enough. When these not-good-enough seeds get watered by your own self-judgment and self-limiting behaviors and by the actions of others, they grow into thorny weeds that block out the sun of truth: There is nothing you need to do to be acceptable and loveable; you already are acceptable and loveable.

The *idea* of accepting and loving yourself 100 percent is much easier than the practice of actually doing it. These old ideas of not being enough are deeply ingrained. Remember, committing to yourself is a layered process, and the purpose of it is to say yes to *all of you*—the parts you love and the parts you don't.

The magic happens when you let go of who you wish you were, because in doing so you free up that wasted energy and begin to reclaim your true power. This surrendering of *what is not* allows you to be radiantly, magnetically, and creatively who you really are.

The following exercises are designed to help you do just that.

As with all the exercises in this book, there is no one way to do them. Take the time to complete all three exercises, or pick one, complete it, and then move to another lesson. (You don't have to go in order!) Make this workbook work for you.

***Commit
to
You***

Exercises

1.1 Mirror Gazing

I first introduced this practice during a Warrior Goddess Bootcamp. Some women said that it was one of the hardest things they had ever done, but also one of the most rewarding.

We look in the mirror every day, but few of us actually see ourselves. Instead, we see who we are not, the woman we think we are supposed to be, and we are immediately drawn to the areas where we feel we've fallen short. Consciously looking in the mirror is an act of seeing yourself from your heart instead of through the smoky layers of your own idealization and judgment about who you think you should be. Today, let go of the many ideas you have adopted over the years about what constitutes “beautiful,” and just look at the beautiful being who is before you. Practice your seeing without story. Also witness what the stories are. Are they true, or are they social constructs? In many cases, these stories need to be rewritten!

For example, when I did this practice, I noticed that I was judging my forehead. I'd never even thought about my forehead until I was in a photo shoot a few years back and someone kept saying, “relax your forehead!” And then I started noticing all the pictures of women with super smooth foreheads, and all the ads about using Botox to get rid of those “unsightly” forehead lines. Soon I became hyperaware of the deep creases in my forehead. Where before they were part of my character, they suddenly became a flaw.

Luckily, I caught myself pretty quickly and was able to stop and just look in the mirror. Yes, I have lines on my forehead. But who decided it was not okay to have lines? Who decided they

were “unsightly”? Not me. That is truly a random decision on some invisible fashion person’s part! It is the same as someone deciding that having dark skin is good or bad depending on the context.

To change my inner criticism, I started saying what I saw: “I have lines on my forehead.” Then I let go of whether this observation was good or bad. I listened to the stories I was telling myself: “I shouldn’t have lines, lines are wrinkles, and wrinkles are bad. I really should do something about my forehead wrinkles . . .” (Isn’t it interesting how the word “wrinkles” has a negative implication in this context?)

Once I witnessed the negative voices, I could make new choices in how I wanted to relate to my particular unique brand of forehead. I started looking at my whole face instead of zooming in on the one area that I had mistakenly set up to fail by comparing it to pictures of twenty-five-year-old women with creaseless brows. I also set out to appreciate forehead lines of the women I interacted with. Now, when I look into the mirror and see my face, exactly the way it is, I smile. I am committed to being with me, and my forehead, rather than with a fantasy.

Gaze in the mirror for a few minutes every day, noticing the dialogue of your inner judge, while doing your best to not believe it. Instead, let it dissolve in the light of your unique perfection. Take in the full image of your self as it is reflected back to you. Your precious face is a testimony to all of your experiences and all of your wisdom. Look into your own eyes and commit to accepting the gifts, wisdom, and experiences of the one staring back at you.

Do this practice for ten days, noticing your judgments and exploring their fallacy. The first five days of gazing at yourself in

*Commit
to
You*

the mirror may be rough, as this is when the judge often speaks the loudest, but it will get easier as you keep at it, and the gift of loving yourself exactly as you are is the reward.

In the space below or in your notebook, write about what arises within you or what you notice about yourself as you do this exercise. What features do you judge on the first few days of doing this practice? Can you love those features for being a part of you?

1.2 *The Definition of True Power*

From *Warrior Goddess Training*:

When you watch television or read magazines, what is most reflected in pictures and words is this: Power is defined by how you look, how much money you make, who you are dating/married to, and how you are progressing on your career track.

From a framework of fear and scarcity, powerful people are the ones who have, in one way or another, acquired

the most sought after or “best” external resources available, be that money, fame, or beauty.

Many of us have spent years tied to this old model of power, where we rate our worth on how we are perceived or what we have attained . . .

From a Warrior Goddess point of view, power is defined very differently. Power is not sought after from the outside, but rather is patiently cultivated from within. Power has nothing to do with money, or fame, or outside appearances, but with our connection to self, love, authenticity, and the inner mystery of life. From the perspective of true abundance and imminent spiritual connection, powerful people are the ones who have the strongest connection to their internal resources.

Our challenge, then, is to be honest with the places we are still pursuing the old modes of power, and move ourselves toward attuning with a new power: our own. This will not be done all at once, but over time as we unhook ourselves from old patterns and agreements, consciously reconnecting to our authentic center.”

The following exercise is a modified version of one that appears in *Warrior Goddess Training*, with lines so you can write down the answers. Even if you have done the original exercise, do it again here to learn what has shifted, paying particular attention to the new questions.

What does true power mean to you? (Try to write down your thoughts without internal editing. I encourage you to keep your hand moving!)

True power is:

**Commit
to
You**

Next, write down, without judgment, where you give your true power away, exchanging it for the old ideas of power. Be careful, the goal here is not more self-judgment. Instead, simply notice where and when you fall into the old behaviors. In so doing, you have an opportunity to choose again the next time the situation arises.

Lesson
1

1.3 Move from Old to New

Please write your answers in the space provided or in your notebook.

1. Where are you still hooked to old reflections of power? When have you put too much energy into showing others and yourself how much money you have, who you

know, or what your job or other external activities are? In what ways have you showed off or played the “big shot”? (Name-dropping is an easy example.) This doesn’t mean you can’t and shouldn’t celebrate your successes, but when you do so with the energy of being the “big shot,” you don’t honor yourself or those around you; instead you are hooked to the old ideas of power.

2. How are your judgments and fears tied to an old power matrix? When have you compared yourself to others? For instance, in what recurring situations do you beat yourself up by thinking you don’t “have enough,” or aren’t “pretty enough” or “good enough?” Do you ever catch yourself thinking you should be more like someone else?

***Commit
to
You***

3. One great way to purge yourself of old ways of power is to name them without making yourself or others wrong. Here are some other questions to help you explore this idea further:

- Do you find your worth is based on how you look, or is your worth an inner spring based on self-acceptance and respect?
- Do you base your value on how well you are taking care of everyone else at the expense of yourself, or do you honor the importance of self-care and loving boundaries?
- Does your strength come from how much money you have, how sexy you are, or who you know, or does it flow from your inner peace and resilience?

Lesson 1

Remember, there is nothing wrong with celebrating your beauty, your ability to care for others, or your career achievements; but when you confuse those external things with who you really are on the inside, you become a slave to these transient things.

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1.4 Name Your Female Role Models

Who are your female role models? Who do you strive to be like? Why do you admire these particular women? Our role models can be teachers, family members, characters in movies or on TV, public

women or private women. Role models and mentors are important because they inspire us and give us courage to take risks.

List three female role models and their Warrior Goddess qualities and actions that inspire you, such as presence, courage, passion, honesty, compassion, or clarity.

Female Role Model	What I LOVE About Her:

Honor the women who inspire you for their contributions and wisdom, but recognize that you are not going to be just like them; do not use them against yourself. Be aware of the sneakiness of self-judgment. Remember, you can't be your mentors exactly because the world needs you to be YOU!

Surrender to your own unfolding, in your own time. Let go of using other women's accomplishments and grace to beat yourself up; instead, find inspiration and motivation in the beauty and skill around you. As you name the women who inspire you, write down what Warrior Goddess qualities and actions they embody, such as presence, courage, passion, honesty, compassion, or clarity.

***Commit
to
You***

1.5 Discover New Role Models

The world is full of so many fabulous Warrior Goddess women, and they can be a special inspiration to help us move outside our familiar notions of what's possible in life.

I recently discovered a new heroine: Amanda Palmer. As I read her book, *The Art of Asking*, I found myself falling in love with her crazy wonderfulness and inspired by her expansive creativity. But soon I noticed my inner dialogue was slipping from “Yay, Amanda is a fabulous role model!” to “Too bad you are not like Amanda . . .” I had to grab the reins of that runaway horse away from the desert of comparison and turn it back toward the cool waters of inspiration.

Remember your task as you think about your role models: Keep all your thought-horses turned toward the flowing streams of possibility rather than the parched lands of not-enough. Let’s use each other as joyful motivation.

For this exercise, I want you to go to the library or do a Google search and find at least three awesome women you didn’t know about. If you feel so moved, please share them on our Warrior Goddess Training Facebook page.

Here are a few names to get you started. Enjoy your exploration!

- Irena Sendler
- Phillis Wheatley
- Elizabeth Blackwell
- Marie Curie
- Rosabeth Moss Kanter
- Sheryl Sandberg
- Perna Gupta
- Amanda Palmer
- Nikita Mitchell

Lesson

1

Additional Gifts

- Committing to yourself is not a one-time event, but something you do over and over again. When you find yourself falling into old behaviors and making commitments that don't nurture who you really are on the inside, simply take note, love yourself, and choose again.
- You have all the power and all the answers you will ever need inside your beautiful self; sometimes you just need a helpful guide to find them. These ten lessons and your supportive sisters who have gone before you can be such a guide.
- Committing to you, finding out who you really are and what you really want, is the most loving thing you can do for yourself and everyone you know. There is no greater gift to the world than living with authenticity.
- Every moment, ask yourself: What am I committing to now? Is this where I want to spend my precious energy? For each yes, celebrate. For each no, adjust accordingly.

*Commit
to
You*