

The Tigress Mindset - A Toolkit for Women

6 Transformative Techniques for Breaking Free of Fear & Rising In Your Confidence

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Disclaimer: The contents of this toolkit are not intended to be used as a substitute for medical advice or therapy. The reader agrees to use discretion when implementing the tools discussed and to take full responsibility for her well-being.

Welcome! This powerful and easy-to-read chart is designed to bring consciousness to the Small-Self stories that hold you back, the empowering Tigress Truth that will set you free, and the Transformative Techniques that will help you get there.

Small-Self Story	Tigress Truth	Transformative Technique
<p><u>PROBLEM:</u> Spinning in Self-Doubt</p> <p>"I don't know what to do! I don't want to make the wrong decision. I'm so confused."</p>	<p><u>TOOL:</u> Huntress Eyes of Discernment</p> <p>"I see the next step with intense clarity and I take it."</p>	<p><u>TECHNIQUE #1:</u> Frontal Occipital Hold - A clearing from Transformational Kinesiology</p> <p><u>INSTRUCTIONS:</u> This simple technique gets the energy in your head out of knots and flowing smoothly again. Place the palm of one hand on your forehead and the other palm on the back of your head, just above your neck. Breathe. Ask, "What is the next step for my highest and best good?" Breathe again. Notice what message comes to you.</p>
<p><u>PROBLEM:</u> Paralyzed by Fear</p> <p>"I'm scared that I'll fail / get hurt / be humiliated / and everyone will hate me."</p>	<p><u>TOOL:</u> Fierce Courage</p> <p>"All is well. I am brave. I have the strength and the resources to deal with any outcome."</p>	<p><u>TECHNIQUE #2:</u> Visualization - Call On Your Tiger Protectress</p> <p><u>INSTRUCTIONS:</u> Visualize the Tigress standing at your side, protecting you, sending you fierce courage and massive strength. Imagine how different you would feel if you went through life with Tigress beside you as your ally.</p>

Small-Self Story	Tigress Truth	Transformative Technique
<p><u>PROBLEM:</u> Limiting Self-Judgements</p> <p>"I'm not good enough. I can't. I don't deserve it. I'm not worthy."</p>	<p><u>TOOL:</u> Tiger-Mind</p> <p>"My mind is centered and still. I am simply ME. No more, no less. I live in a state of BEING."</p>	<p><u>TECHNIQUE #3:</u> PURRRRRRRRRR....</p> <p><u>INSTRUCTIONS:</u> Create a purring sound in the back of your throat by quietly vibrating your tongue. This is similar to rolling "r"s and may take some practice. Here's the thing: it's very hard to keep a self-judgment story going in your head while purring. Purring gets you OUT of your head and back into your body. It's calming, breaks the cycle of negative chatter, and brings you to a centered stillness.</p>
<p><u>PROBLEM:</u> Frozen in Overwhelm</p> <p>"It's too big for little me. I don't even know where to begin! I'm so stuck."</p>	<p><u>TOOL:</u> Instinct & Intuition Embodied</p> <p>"I know the best course of action in this moment. I trust my body's instincts. I decide."</p>	<p><u>TECHNIQUE #4:</u> Body Pendulum</p> <p><u>INSTRUCTIONS:</u> Stand up. Visualize the specific options as doorways before you. Become present in your body. Ask your body to show you which is the right choice to start with. Breathe. Notice how each doorway makes your body feel. Notice where there is movement. Notice where your body begins to lean. Make the decision to trust your body's instinctual intuition.</p>

Small-Self Story	Tigress Truth	Transformative Technique
<p><u>PROBLEM:</u> Not Saying “No” When You Know it Would Be in Your Best Interest</p> <p>“I really don’t want to but I don’t want to hurt their feelings / let them down / make them angry with me.”</p>	<p><u>TOOL:</u> The Boundary Sentinel</p> <p>“If you don’t get it when I growl, then I will further clarify with a fanged SNARL!!!”</p>	<p><u>TECHNIQUE #5:</u> Free Your Voice</p> <p><u>INSTRUCTIONS:</u> Go someplace where you can be loud and no-one will hear you. Examples are your car, the bathroom, or deep in the woods. Now it’s time to practice. This is not a time for playing nice or being polite. Your boundaries are being crossed. (Even if it’s you doing the crossing.) It’s time to stick up for yourself with YOU as your witness. It’s time to break out of the patterns that you know so well and experiment with something different. Roar. I’m serious. ROAR! Next, explore what “NO!” feels like. Not high-pitched and shrieky, but rather deep, powerful, and from your belly. Last, holler out what your boundaries are. It’s ok to be outrageous here. Play with it and be creative. Try out words that you might never say to another human being. This is about opening channels that have been blocked. It’s about release. It’s about creating new pathways in your brain. It’s about calling in new possibilities. Will you actually roar to the next person who crosses your boundaries? Probably not. However, you may well be surprise by the respect you command, the clarity, and the strength of the words that do come out of your mouth. And the sweet thrill of empowered communication to follow!</p> <p>Important Note: Please be safe. If this exercise feels like it would be (re)traumatizing for you, please seek the advice of a therapist before proceeding.</p>

Small-Self Story	Tigress Truth	Transformative Technique
<p><u>PROBLEM:</u> Cycle of Depletion</p> <p>"I'm so exhausted but I still need to / have to / should X, Y, Z. I can't take care of myself right now, that would be selfish."</p>	<p><u>TOOL:</u> Unquestioned Self-Care</p> <p>"Thirsty? Drink. Hungry? Eat. Tired? Sleep."</p>	<p><u>TECHNIQUE #6:</u> Do as Tigress Does - Take A Big Cat Nap</p> <p><u>INSTRUCTIONS:</u> Just think of how a massive cat might flop down in the sunshine and snooze without a care in the world. Gift yourself this nap! Relish it. Revel in it. Soak it up. Sleep is essential to showing up as your best self in the world. This is basic self-care and you deserve it.</p>

What Comes Next:

I've just given you an incredible collection of tools here. My hope is that it ignites a flame within you.

Maybe this was exactly the framework you needed to take the next quantum leap in personal growth on your own. If that's so, you have my blessing to take what resonated for you personally and fly with it!

Or, maybe this has stirred something inside you. You can feel the Tigress waking up but you don't know what integrating her into your life looks like. You question if you'd do it on your own. What you actually want is personalized guidance around HOW to embody her in your specific situation. You also know that it would happen so much faster and easier with help.

To you I say this-- You're in the right place. Supporting women along the path to empowerment so they can become more confident, connected, and ALIVE is what I do.

It's sacred work through and through.

For a limited time I'm offering complimentary Mindset-Insight Sessions to soul-centered women who want to go deeper with this work and learn more about my Women's Wisdom Rising program. You can apply for your **FREE Mindset-Insight Session** here: <http://www.soulcenteredlifecoaching.com/mindset-insight.html> .

Quick question? Email Meggie@SoulCenteredLifeCoaching.com

What Women Are Saying:

"I remember lighting a candle, joined by other women, miles & miles separating us, yet feeling so connected to each of them that I could almost feel the heat of their candles. **This feeling of connection, over a simple phone call, was made possible because of Meggie's leadership.** She leads a group with confidence. She is inspiring & real. Meggie was able to hold the space so that **I could access the part of myself that needed repair, love & healing.**

"Through Meggie's extraordinary facilitation skills, it was like a switch flipped and the proverbial light bulb came on. It was amazing. She's intuitive, authentic, and incredibly talented."

"Meggie was an inspirational and supportive force in helping me to clear blocks I had in following my path calling. **Her gentle yet powerful questions and insight helped me to reach my own inspired truth.** Thank you Meggie for helping me find and follow my own inner guidance! "

If you're called to explore further, then I invite you to apply for a Free Mindset Insight Session. (Open for women curious about Women's Wisdom Rising.) Simply click the link below:



<http://www.soulcenteredlifecoaching.com/mindset-insight.html>



Meggie Winchell, M.Ed. is a certified life coach, mindset mentor, ritualist, and women's empowerment facilitator. She is a practitioner of The Work of Byron Katie and Transformational Kinesiology. As an initiated Priestess she received training in sacred feminine leadership and became core staff at the Priestess Path Apprenticeship: A Women's Mystery School. Meggie has taught at the Belly & Womb Conference, Daughters of the Earth, Red Tents, and Sacred Sisters Rising. She is the founder and facilitator of Women's Wisdom Rising: A Journey in Transformational Self-Care, Ritual, and Personal Empowerment. To learn more about her programs visit: www.SoulCenteredLifeCoaching.com .

Questions? Please email Meggie@SoulCenteredLifeCoaching.com .

