

# Are You a Balanced



# Warrior Goddess?

To get a better sense of where you fall in the spectrum of your personal excess - empowered -deficient warrior or goddess expression, **read through the lists below and put a number from 1-10 next to each quality: 1 being you rarely experience this quality and 10 you experience this quality a lot. Don't think too much when you are writing down your 1 to 10 numbers; just follow your first instinct.**

Then add up the numbers for each section. This will show you if you need to cultivate more or less warrior or goddess energy in your life. See the next page for more details on how to balance your warrior and goddess energies.

<b>WARRIOR - EMPOWERED</b>
_____ Focused
_____ Clear
_____ Dedicated
_____ Committed Total # _____
<b>WARRIOR - EXCESS</b>
_____ Dogmatic
_____ Judgmental
_____ Controlling
_____ Angry Total # _____
<b>WARRIOR - DEFICIENT</b>
_____ Fearful
_____ Timid
_____ Procrastinator
_____ Insecure Total # _____

<b>GODDESS - EMPOWERED</b>
_____ Open-hearted
_____ Creative
_____ Intuitive
_____ Fluid Total # _____
<b>GODDESS - EXCESS</b>
_____ Flaky
_____ Distracted
_____ No follow through
_____ Entitled Total # _____
<b>GODDESS - DEFICIENT</b>
_____ Victimized
_____ Filled with shame
_____ No boundaries
_____ Rigid from fear Total # _____

# WARRIOR

**We live in a society where we see a lot of excess warrior energy:** people, structures, and systems that are based on control, judgment, and power. This is why people who have been hurt by this type of expression tend to shy away from warrior energy, and only see it as destructive.

**Balanced warrior energy is about owning your power, your passion, and your vision in a humble, clear way.** When you are empowered in your warrior self you know what you want and aren't afraid to ask for it. You also know you won't always get what you want. You know how to make boundaries, when to say no and when to say yes, and you take centered, mindful action. You don't waste energy or time, and you understand that your reality is shaped by your perceptions and actions and that you can't force or change others, you can only change yourself.

**If you have excess warrior:** Be curious about where you learned to hold an excess of warrior energy and why. How have you benefitted from holding an excess of warrior energy, and where has it caused you to suffer? Practice compassion for yourself and others. Be gentle. Soften your hard edges.

**If you have a deficient warrior:** Be curious about where you learned to not hold warrior energy and why. How have you benefitted from holding a deficiency of warrior energy, and where has it caused you to suffer? Practice speaking up for yourself and staying true to what you want. Let your fierceness out. Stay steady.

Coming back into balance is not something you will do overnight, but is a dedicated, ongoing quest to claim your most powerful, grounded, embodied warrior self and create the life you are meant to live.

Warrior energy can be healing when it is empowered, destructive when in excess, or draining when it is deficient

# GODDESS

**We live in a society where we see a lot of out-of-balance goddess energy:** people who are victimized and afraid, who are cycling and struggling with the trauma and abuse in their past (or present), or who are so out of touch with reality and other people's experience that they don't see the person in front of them. Sometimes out of balance goddess energy also manifests as extreme procrastination or lack of follow through. When we are out of balance with goddess energy we can be doormats or distractors.

**Balanced goddess energy is about owning your power, your passion, and your vision in a creative and joyful way.** When you are empowered in your goddess self you bring love and curiosity to everything you do. You are patient and kind, but not wishy-washy or flaky. You honor diversity and the artistry of each human, including yourself. You are wide open with wonder and wildly devoted to expressing your light and encouraging all around you to do the same.

**If you have excess goddess:** Be curious about where you learned to hold an excess of goddess energy and why. How have you benefitted from holding an excess of goddess energy, and where has it caused you to suffer? Practice speaking up for yourself and staying true to what you want. Take action with love. Stay steady and humble, and teach yourself how to follow through.

**If you have a deficient goddess:** Be curious about where you learned not to hold a deficiency of goddess energy and why. How have you benefitted from holding a deficiency of goddess energy, and where has it caused you to suffer? Learn to discern the difference between victim and survivor. Nurture yourself as someone who thrives despite challenges. Learn to make boundaries and stay connected to the wisdom of your belly.

Content used with written consent from HeatherAsh Amara. Document designed and created by Bella Rose Healing Hands 2021.