

Behaviors you can take out into your life...
Take the Energies inside yourself
Balance within Self

Lover Energy

- * Connecting with self and others
- * Knowing what your body tells you-listen to body
- * I feel ... (mad, sad, fear, shame) – Speak in feeling language
- * Have Compassion for Self and Others
- * Allowing connection – connection with Self-connection with Others
- * Listening to what your body is telling you
- * Ask for physical connection
- * Trust – learn how to trust – what behavior – share how you feel with someone, risk being vulnerable with someone-risk letting someone be there for you and connect with you
- * Practice Forgiveness with Self and Others
- * Journaling to Connect with Feelings
- * Connect to body thru yoga, exercise – care of body
- * Pay attention to body – eat whole foods
- * Pay attention to what your body wants – nutritionally – emotionally
- * Cuddle with self – animals – pets – stuffed animals – doll
- * Nurturing self – nurturing environment – buy plants
- * See self in Mirror – speak kindly to self especially about body
- * Look in Mirror and talk to yourself lovingly
- * Do inner child work

Warrior Energy

- * Action, strategic, using your time for things you are passionate about
- * Set boundaries
- * Risk saying “YES” / “NO”
- * Set time for things that are important to you
- * Prioritize what you are passionate about
- * Be OK with being angry
- * Notice when you are angry – Welcome your anger – Allow yourself to have your anger
- * Use your VOICE – Speak Up
- * Take action and time for your passions
- * Give yourself the space you need – sacred space for yourself
- * Being healthy / being on your game
- * Be in your power
- * Have accountability-wear watch-be time accountable

Magician

- * Seeing – Transforming Energy – Get new perspective – see it differently – take risks
- * Switch roles with self – step into each archetype
- * Meditation to transform inner state
- * Journaling to transform inner state
- * Take risks – calculated risks – step into the unknown
- * Do something different
- * Walk into Fear – unknown
- * Intuition – read a book about intuition – listen for your own and learn how to honor
- * Clean out space – burn sage or sweet grass for blessings
- * Walk in nature, walk on beach
- * Self parenting inner child
- * When negative messages come up – say... “thanks for sharing, etc.”

Sovereign

- * Supports Little Child
- * Blesses our dreams
- * Knows what we want – has vision
- * Motivate Warrior to take action for things we are passionate about
- * Listen to your gut
- * Light a candle
- * Prayer and meditation
- * Reach out – seek support for self – offer support to others
- * Journaling
- * Respect for self – treat self with respect – inside and out
- * Be with what you are passionate about
- * Let yourself be with your passion
- * Gather in communities of like minded people – pray / connect
- * Do Visioning-write what you want for yourself-be specific