

*Warrior Goddess Core Strategy*

# CONTROLLER

Your journey isn't about eliminating control... It's about learning when to trust, let go, and allow things to unfold naturally.



# *Table of* CONTENTS

- 1 What This Means
- 2 How Your Strategy Shows Up in Daily Life
- 3 The Hidden Gift in Your Strategy
- 4 Mindset Shifts for Controllers
- 5 Practical Tips & Tools for Finding Balance
- 6 Your Next Step





# 1 What This Means

You are a visionary, leader, and organizer, someone who can see the bigger picture and take charge when needed. Your ability to analyze situations, make decisions, and structure solutions is a powerful gift. You naturally embody the clarity and precision of AIR, moving swiftly into action with a clear plan.

But when life feels uncertain or overwhelming, your strategy shifts into excess WISE energy which can lead to controlling behaviors, perfectionism, and frustration when others don't follow your lead. Instead of feeling in flow, you may find yourself pushing too hard, over-managing people, or becoming rigid in your expectations.

# 2 How Your Strategy Shows Up in Daily Life

- You feel most comfortable when you're in control of situations, people, or outcomes.
- You have strong opinions and a clear vision, but get frustrated when others don't see things the same way.
- You quickly take charge in groups or relationships, sometimes feeling like it's "all on you" to make things work.
- You tend to struggle with uncertainty - ambiguity or unpredictability makes you uneasy.
- You offer advice easily and genuinely want to help, but sometimes, this can come across as pushy or critical.
- You may find it hard to trust others to do things "right", leading to micromanaging or doing everything yourself.

# 3 The Hidden Gift in Your Strategy

Your ability to see solutions, create structure, and lead with confidence is invaluable. When balanced, you are an inspiring leader, a skilled problem-solver, and a changemaker who brings clarity and order to chaos.

Your journey isn't about eliminating control... It's about learning when to trust, let go, and allow things to unfold naturally.

## 4 Mindset Shifts for Controllers

1. Control is not the same as safety. Notice when your desire for certainty is actually coming from fear. Ask: Am I controlling this because I don't trust the process?
2. Not everything needs fixing. Sometimes, people just need space to figure things out on their own. Practice asking: Do they need my help, or do I just want to feel in control?
3. Surrender is strength. Letting go doesn't mean giving up—it means trusting in yourself, others, and the flow of life.

## 5 Practical Tips & Tools for Finding Balance

- Practice the Art of Allowing: Choose one situation this week where you consciously step back and let things unfold without intervening. Notice what happens when you release control.
- Try an "Opinion Fast": For one day, resist giving advice, correcting others, or offering solutions unless specifically asked. Instead, listen deeply and observe.
- Use Water Rituals: Since your energy is naturally air-based (fast-moving, analytical, structured), balancing with WATER (flow, adaptability, softness) can help. Try:
  - Taking a bath or shower and visualizing your tight grip loosening, allowing life to flow.
  - Sitting by a body of water and reflecting on where you can release control and invite ease.

## 6 Your Next Step

You've already taken the first step by uncovering your strategy. Now, it's time to transform it into your superpower.

Want deeper guidance? Check out the Letting Go: From Attachment to Allowing Mini-Course—A step-by-step practice to help Controllers like you find ease, trust, and flow.

[Learn More Here](#)

Remember, your gift is powerful when balanced with trust and surrender. You are not alone in this journey, keep taking small steps toward freedom, flexibility, and fierce wisdom.

With love and clarity,  
HeatherAsh Amara & The Warrior Goddess Team



A stack of smooth, dark stones is balanced on a beach. The stones are dark grey or black with some lighter, tan-colored bands. They are stacked in a way that suggests balance and stability. In the background, the ocean is visible, with waves breaking and a soft, blurred light reflecting off the water. The foreground is filled with many small, smooth, light-colored pebbles. The overall scene is peaceful and serene.

Mantra for Controllers:  
*“I trust in the unfolding of life. I do  
not have to hold everything together.”*