

Warrior Goddess Core Strategy

PLEASER

Your journey is not about giving less... It's about including
yourself in the circle of your care.



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 Pleaser
- 5 Practical Tips & Tools for Finding Balance
- 6 Your Next Step



1 What This Means

You are a nurturer, a giver, and a heart-centered empath who deeply desires harmony and connection. You often place the needs of others above your own, offering your care, attention, and energy freely. You embody the flowing, intuitive energy of WATER - adaptable, emotionally attuned, and generous.

But when life feels uncertain or unsafe, your strategy shifts into excess WILLING energy, leading to self-abandonment, people-pleasing, and emotional burnout. You may feel like your worth is tied to how well you care for others, while your own needs go unmet.

2 How Your Strategy Shows Up in Daily Life

- You often say yes when you want to say no, just to avoid disappointing someone.
- You feel responsible for others' emotions and try to keep the peace, even at your own expense.
- You take on more than you can handle and may feel resentful when your efforts go unacknowledged.
- You find it hard to ask for help or express your own needs.
- You may feel guilty or selfish when you try to put yourself first.

3 The Hidden Gift in Your Strategy

Your ability to care, serve, and hold space for others is a tremendous gift. When balanced, you are a compassionate leader, a wise supporter, and a deeply connected soul. Your heart is your superpower.

Your journey is not about giving less... It's about including yourself in the circle of your care.

4 Mindset Shifts for Pleasers

1. Your needs matter. You don't have to earn rest, support, or love.
2. Boundaries are sacred, not selfish. They help you serve from a full cup instead of depletion.
3. You are not responsible for others' feelings. You can be kind and compassionate without over giving or rescuing.

5 Practical Tips & Tools for Finding Balance

- Practice Loving Boundaries: Choose one area where you're overgiving and set a gentle, clear boundary. Notice how it feels in your body.
- Say No Without Apology: Practice saying no with love and clarity—without overexplaining or backtracking. A simple: "Thank you for asking, I'm not available for that" is enough.
- Use Air Rituals: To balance your flowing Water energy and invite clarity and voice, try:
 - Journaling your desires before responding to others' requests.
 - Lighting incense or standing in fresh air while speaking aloud an affirmation.
 - Practicing breathwork to come back to yourself before saying yes.

6 Your Next Step

You don't have to stop giving... you just have to give to yourself, too.


Ready to embrace boundaries as a sacred act of self-love? The Brave, Beautiful Boundaries Mini-Course is designed especially for Pleasers like you.

You'll learn practical steps to set loving boundaries without guilt, reclaim your time and energy, and deepen your relationships through authenticity and self-respect.

[Learn More Here](#)

Remember: your kindness is a superpower. And when it includes you, it becomes even more powerful.

With love, strength, and watery wisdom,
HeatherAsh Amara & The Warrior Goddess Team

A close-up photograph of a person's open palm holding a single, vibrant green leaf. The leaf's veins are clearly visible. A semi-transparent white rectangular box with rounded corners is positioned over the center of the hand and leaf. Inside this box, the text is displayed in a black serif font. The background is a soft-focus green, suggesting an outdoor setting.

Mantra for Pleasers:
*"I honor myself as much as I
honor others. My no is just as
sacred as my yes."*