



WARRIOR GODDESS

Anti-Resolution Challenge

Day 1

Self-Assessment: Exploring Your Strategy

Use this as a way to bring more curiosity to your patterns and habits.

1. When you are scared or confused do you tend to:

- Try to fix it or manage yourself or others (controller)
- Get busy and distract yourself so don't have to worry about it (distractor)
- Run away or avoid the situation at all costs (isolator)
- Try to do or become what you think the other person would like you to (pleaser)

2. When someone comes to you with a problem, how do you handle it?

- Get angry at the adversary (controller)
- Try to cheer them up or bring up another topic (distractor)
- I don't have friends; they are too messy (isolator)
- Feel victimized with them and feel bad about how much they are being wronged (pleaser)

3. Before you can find your inner goddess what excess warrior / protector / judge needs to be soothed? Where do you need to make a clear boundaries with your draining thoughts and harmful actions?

- I need to learn to trust more and stop trying to be right all the time (controller)
- I need to practice staying present and curious about my own discomfort (distractor)
- I need to open to being seen and sharing who I am with other people (isolator)
- I need to listen for my own truth and stay centered in my experience (pleaser)



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What are the benefits of controlling, distracting, isolating, or pleasing, and what are the ways these strategies cause you to suffer?

Here are some examples to get you started:

Controllers

Benefits: Feeling powerful, knowing what to do, getting stuff done

Suffering: Feeling frustrated, exhausted, rigid

Distractors

Benefits: Feeling free, artistic, creative, and different

Suffering: Feeling scattered, never finishing anything, unfocused

Isolators

Benefits: Feeling safe, knowing yourself, no drama

Suffering: Feeling alone, not seen, disconnected

Pleasers

Benefits: Feeling helpful, needed, and that everyone likes you

Suffering: Feeling resentful, not knowing yourself, drained