



The Badass Butterfly Spiritual
Life Coach Mindset Training Program
Unit 5 Week 5.

Material Badassery

Declaring Your 11



Declare Your 11 Badass Butterfly Lifestyle Commitments



To be a Badass Butterfly Spiritual Life Coach, you must make a stand for what you believe in for yourself, for your community, and for the world. To simplify and specify what that means for you, Declare Your 11 Badass Butterfly Lifestyle Commitments. With these Commitments, you decide exactly what you desire to manifest in this lifetime in eleven different aspects of your life: Spiritual Connection, Emotional Wellness, Intellectual Expansion, Physical Soundness, Time Wealth, Financial Freedom, Personal Relationships, Social Structure, Community Involvement, Earth Ascension, and Unconditional Love. Then, you commit, with your daily lifestyle choices, to making these desires real.

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Declaring Your 11

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It is important to honor where you are in the present moment AND to set lofty long-term goals. Make small commitments that you can easily follow-through and achieve. You will return to raise the stakes on your commitments as you evolve in your Badassery and grow your Intuitive Business. Be sure to honestly assess where you are, AND where you would like to go. For example, I fully intend to explore all 11 Lifestyle Commitments more thoroughly in future blog posts. Meanwhile, I offer you a brief explanation of each:

Spiritual Connection

The first Commitment is to incorporate Spirit as a CONSISTENT part of your life. The Badass Butterfly Spiritual Life Coach is guided by Spirit in everything she does, including the following 10 commitments. Whatever your spiritual path looks like, commit to communing with the Divine on a regular basis with Full and New Moon rituals, weekly Tarot readings, daily meditation, or all of the above.

Emotional Wellness

Emotions are the Badass Butterfly's navigational system – how she listens to Spirit and decides where to go. When that system doesn't function properly, she finds herself flying in circles, or crashing into all kinds of things! Commit to checking in with yourself regularly and managing your emotions with kindness and efficiency.

Intellectual Expansion

If emotions are your navigational system, your intellect is the pilot. Having a broad experience of life beyond work and study keeps your mind flexible and free from stagnation. Make time to nourish your intellect with travel, deep conversations, new art exhibits, books, and more.

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Declaring Your II

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Physical Soundness

Your body is how you experience and interact with Spirit (via emotions) and the material world. Don't ignore it! Badass Butterflies come in many shapes and sizes, but we all LISTEN to and TAKE CARE of our body's needs for proper nutrition, rest, and movement. Commit to an intimate relationship with your physical self, whatever that means to you.

Time Wealth

Time Wealth means that you can EASILY honor your commitments. Badass Butterflies schedule around their personal biorhythms. Early birds (like me!) coordinate all of our meetings, meals, meditations, and activities before sun-down. Night owls keep everything on Do Not Disturb until 1pm, or whenever they finish their "morning" routines. Whatever works for you!

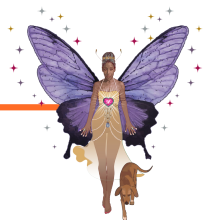
Financial Freedom

The Badass Butterfly is also financially wealthy. She uses money to accomplish her goals for herself and her community-at-large. Her financial abundance is guided and fed by her SOUL, not her ego. Spiritual Connection and Emotional Wellness enables her to discern whether an urge to splurge comes from her Soul or her shadow self. If the desire does not come from Spirit, she won't pursue it.

Personal Relationships

Personal Relationships include your family of origin, your partner and/or children, intimate friendships, and business relationships. Take an ACTIVE role in your personal connections; curate them so that you're prospering, or heal them if you're not. Determine where to focus your intimacy and commit to a conscious awareness of your place within these relationships.

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Declaring Your II

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Social Structure

Embodying Badassery can feel very different around acquaintances than around people who intimately know and love who you are. Maintaining your social awareness, commit to showing up WHOLE wherever you are, without shrinking to maintain the status quo. Stand up for what you believe, whenever Spirit calls you to.

Community Involvement

Badass Butterflies are not detached or passive about their Community Involvement. We have an opinion about what's going on around us! We pay our taxes, vote, and volunteer. Honestly assess your capacity, and invest in how you can make a positive impact in your community.

Earth Ascension

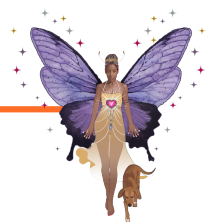
Your relationship with Mother Earth is a natural extension of your communal, social, and intimate relationships. Here too, you have an active say in your type and degree of influence. Think globally regarding your vibrational and ecological contribution to making the planet a healthier place.

Unconditional Love

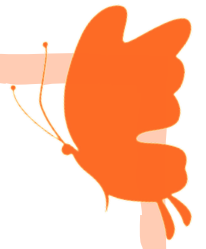
The highest vibrational alignment one can achieve is Unconditional Love. To me, this means understanding that God exists in every single being, even the ones that are “loathsome,” according to my limited, human perspective. As a component of your Badass Butterfly Lifestyle Commitments, PRACTICE challenging the limitations and judgments you project onto experiences, other people, and yourself. Explore how you can become more unconditionally loving in your everyday life.

Declarations & Commitments

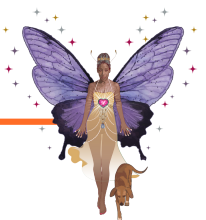
Your declarations mean nothing without your commitment to them. Make your declarations tangible by writing them down AND behaving in ways that make them real.



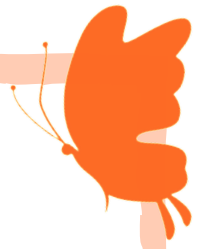
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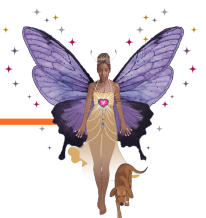
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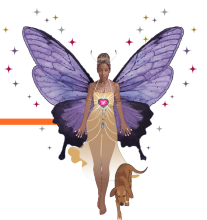
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Thinking Big, Showing Up Big



Think BIG & Show-Up BIG



Women and girls around the world are taught to value smallness. We are consistently praised for being “cute” and “petite” from an early age. We are constantly “encouraged” to lose weight, even if we’ve just carried a whole person inside our bodies for the greater part of a year! Unfortunately, this pervasive glorification of smallness can influence how we envision and live our lives. Whatever your physical size, I urge you to embrace BIGNESS in your approach to life. To be a Badass Butterfly means that you have BIG Dreams and a BIG Heart, that you set BIG Goals, and you take BIG Steps to make WHATEVER you imagine REAL.

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Thinking Big, Showing Up Big

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Thinking BIG

BIG dreams become BIG realities, and an expansive mind is the playground for BIG dreams. When was the last time you let yourself daydream? Back when you were young enough not to worry about “something more important” to do?

Children are too inexperienced to know what is or isn't possible, so they have very expansive, fertile minds. Your imagination has the same limitless potential now as when you were a child; spend some quality time with your mind and see for yourself. You may just need practice getting out of your own way.

If your mind is confined to “in-the-box” thinking, it's NOT because you lack a robust imagination. The problem is, a part of you keeps resisting all your good ideas! Daily meditation will help with that. The goal isn't to stop yourself from thinking, but to observe your thoughts without judging them. Let your mind run wild and see what comes up. Many people internalize the belief that dreaming up “impossible” things is impractical. This point of view is valid, but often prevents people from living BIGGER, more expansive lives.

Showing Up BIG

To quiet down your internal naysayers, first, let them have their say. The voice that says “what if...” and the voice that says, “no way, that's silly” are equally valid. When your BIG ideas come up against self-doubt, use your BIG HEART to address that resistance head-on. Instead of bullying yourself into positivity, consider taking the scenic route. You must FEEL the doubt to HEAL the doubt; ignoring or running from it won't make it go away.

The doubt/resistance you feel is part of your shadow trying to protect you from something. Investigate where it's coming from. Ask yourself:

- What is my doubt/resistance trying to show me?
- What do I feel underneath the resistance?
- Is my self-doubt actually another feeling (like trepidation or despair) in disguise?
- What is the root of my fear or sadness (or whatever emotions exist beneath the doubt)?
- Can I address that root trauma in a healthy way now?
- Is taking another course of action the best choice?

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Thinking Big, Showing Up Big

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Only you can decide whether to listen to the voice that says “give up” or the voice that says “push on,” but it’s only a fair fight when you have compassion for both voices. This way, when you choose which path to take, you can CHOOSE and ACT with confidence, audacity, and authority.

The Sun Child

The Badass Butterfly is BOLD; she acts from a place of True Authority because she believes in her dreams and her ability to see them through. By working through your resistance, you gain confidence in your ideas and are able to commit to your BIG, expansive dreams. In Tarot, the Sun card is the embodiment of this intrepid self-assuredness. Stark naked upon its steed, a child parades through a verdant landscape, triumphantly waving a banner as the Sun shines brightly above. You can keep your clothes on if you like, but aim for this level of confidence as you work to manifest your dreams. Maintaining energetic alignment with achievement attracts your goals to you. Stoke the fire within and let your mettle shine like the Sun!

BIG Steps: SMART Goals

At this point, you have an expansive mind to envision broadly; an expansive heart, able to soothe your doubts; and the tenacity to achieve your dreams. Now it’s time to organize and plan concrete goals to realistically manifest your dreams into reality. The concept of SMART (Specific, Measurable, Achievable, Realistic, Timely) Goals is useful here. Say you want to eat a whole pizza. No judgment! The SMART approach would be to cut it into slices first, and then eat each slice one bite at a time.

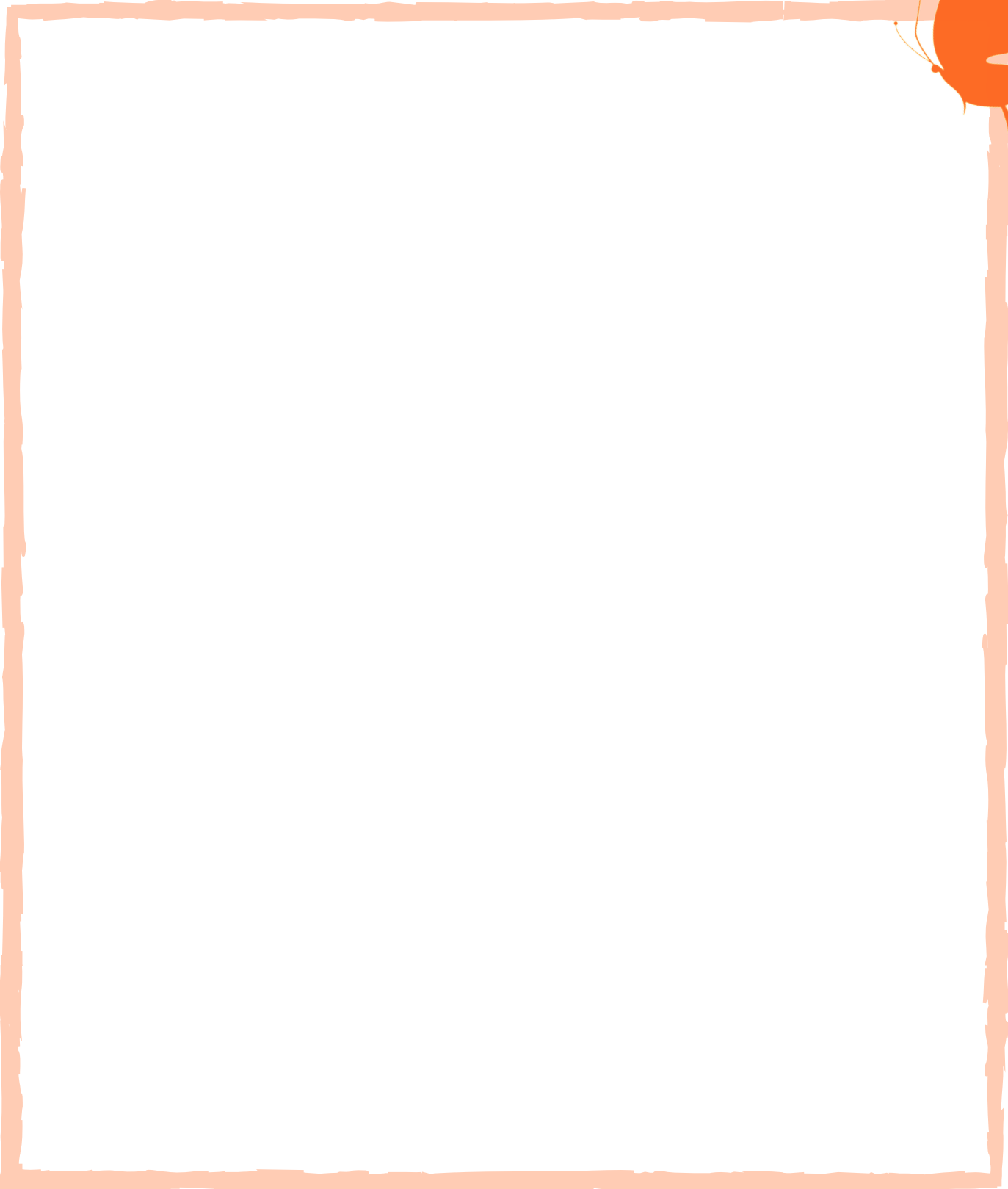
BIG Fun: Celebrating the Journey

They say, “the journey of a thousand pizzas is eaten one slice at a time.” Just kidding, I know that’s not how it goes. I’m just illustrating my last point, which is to ENJOY the process of achieving your dreams! Maintaining this level BIGNESS can exhaust the most Badass of Butterflies, if she doesn’t rest on her laurels once in a while. Remember to celebrate every step of your journey (i.e., slice of your pizza) in order to maintain your enthusiasm to reach the finish line. Go forth and create, Badass Butterfly!

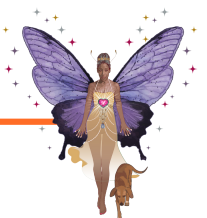
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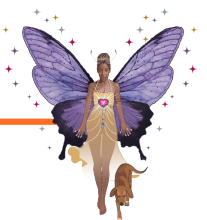
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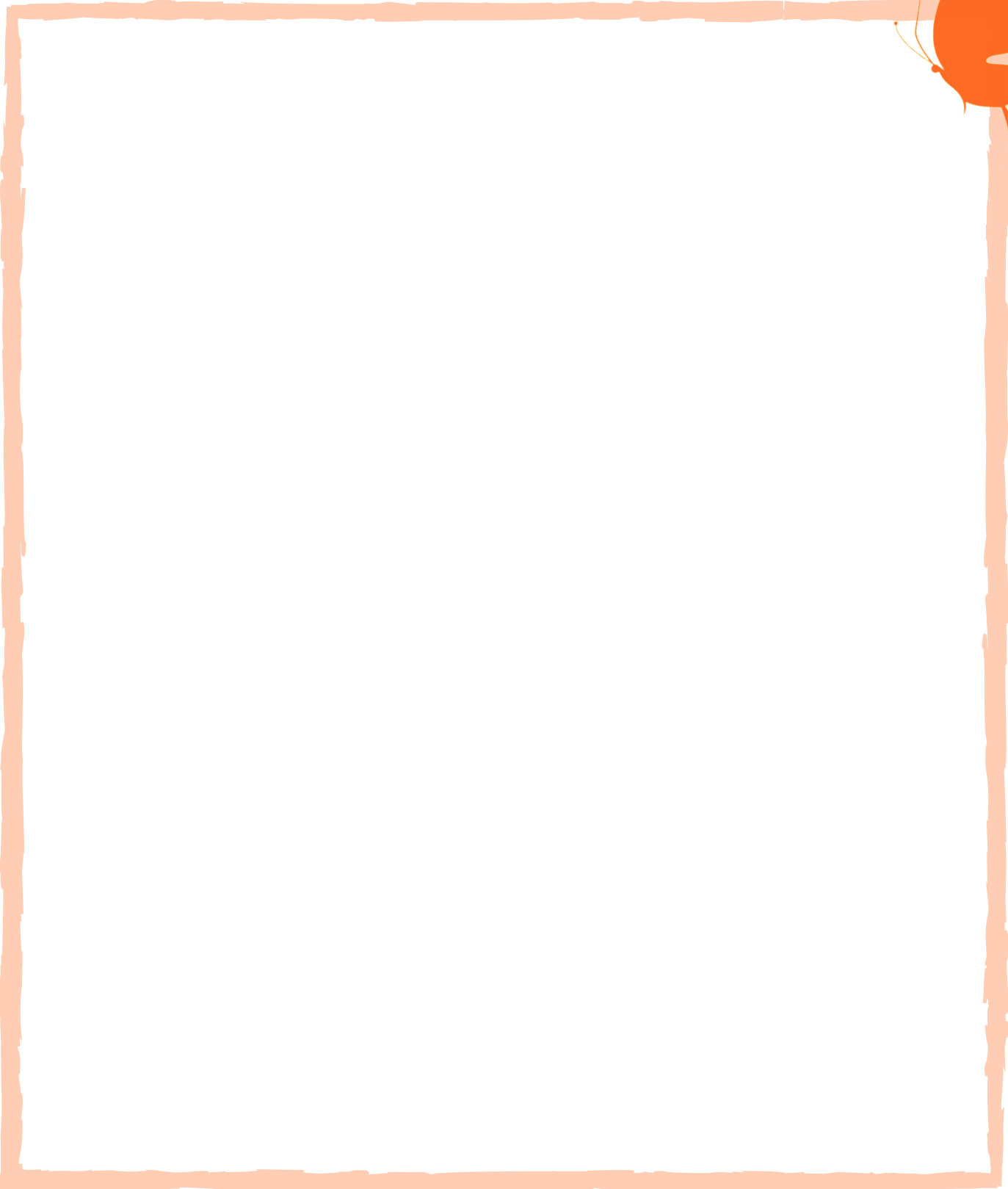
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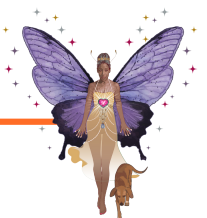
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Evidencing Your Street Cred



Structure Your Business (and Your Life) with the Divine Masculine



If you've followed me for... honestly any amount of time, you know I'm kind of obsessed with the Divine Feminine. I absolutely LIVE for sensual pleasure, receptivity, creativity, tapping into my intuition, feeling my feelings, and going with the flow of life! As a Badass Butterfly Spiritual Life Coach, I encourage my clients to do the same. To give my business the stability it needs to THRIVE, I employ the Divine Masculine. By recognizing when to think, plan, and act logically, the Divine Feminine energy at the heart of my work is able to reach my audience consistently and effectively.

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What is the Divine Masculine?

Before I explain how to utilize the Divine Masculine to support your intuitive business, I want to acknowledge the negative connotation many of us associate with masculinity. The term “toxic masculinity” refers to the shadow side of the Divine Masculine. Masculine energy is not the problem, wide-spread patriarchal abuse of power and the cultural denigration of femininity are the problem! I prefer the eastern concepts of Yin and Yang over the feminine-masculine binary espoused by patriarchy because neither Yin nor Yang is entirely black or white. Masculine energy becomes toxic when it does not permit softness, while femininity loses its potency without structure.

Allow me to introduce you to the Divine Masculine. He exists to make things happen, not “just to see what happens,” which the Divine Feminine is delighted to do. Locate the Emperor card in your Tarot deck, or online. You’ll find a man seated confidently on a throne with a scepter in one hand and the world in the other. Fiery, Aries energy surrounds the Emperor; this is a man of action! As a ruler, he wields his authority in a concrete, logical way. He has earned his position of power due to his dependability, and he uses it to benefit not just himself, but everyone in his domain.

The Badass Butterfly Spiritual Life Coach channels her inner Emperor in how she operates her business and her day-to-day life. After cultivating an intimate connection with the Divine and a healthy relationship with her internal world, she uses logical, practical action to make a program capable of guiding other people towards their own personal transformation. Like the Emperor, she uses her power and authority for the greater good. An embodiment of Yin (the Divine Feminine) AND Yang (the Divine Masculine), the Badass Butterfly personifies intuition AND logic, unbound flow AND structure, receptivity AND action.

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Intuition & Logic

Divine Messages come to us directly through our emotions and gut-feelings, so Badass Butterfly Spiritual Life Coaches develop our Divine Feminine capacity for intuition in order to interpret them. But WHY? What do we DO with that information? Well, sometimes, like when we're creating art, reading Tarot, or interpreting dreams, Divine downloads are valuable for their own sake. Other times, like when we're creating a budget or a business plan, we are called to use our logical, rational mind to apply what Source has shown us to improve our material lives and those of our clients.

For example, say you're suddenly inspired to go to Greece. You meditate and pull a Tarot spread for clarification, and all signs suggest that something magical will happen to you if you go to Greece, ASAP. The Divine Feminine is telling you to literally drop everything and go, but there is a logical, rational way to obey her:

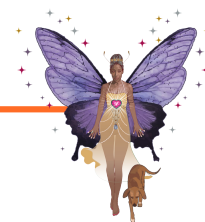
Create a budget.

Research places to stay and transportation options.

Settle your business affairs, including housing costs so that you have a home to return to... if you decide to come back!

That's one fun example of the Divine Masculine working with the Divine Feminine for your highest good. Magical things DO happen when you listen to your intuition. Employ the rational, responsible parts of yourself to do so safely and wisely.

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Unbound Flow & Structure

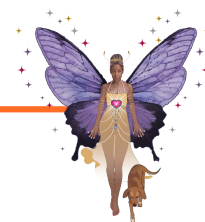
The Divine Masculine provides structure in which the Divine Feminine can thrive in 3D reality. Divine Feminine energy, inherently untamed and free, is the KEY to inspiration, intuition, and feeling. As a Badass Butterfly, you deliberately make time to just BE with your emotions in unstructured play. Let your creativity flow through dance, painting, writing, cooking, nature walks, paddle-boarding, or any hobby of your choice. This “free time” alone with yourself is a way to commune with Source energy and a limitless wellspring of ideas. Setting aside time for your mind to relax also fuels your ability to focus when it’s time to get down to business.

Receptivity & Action

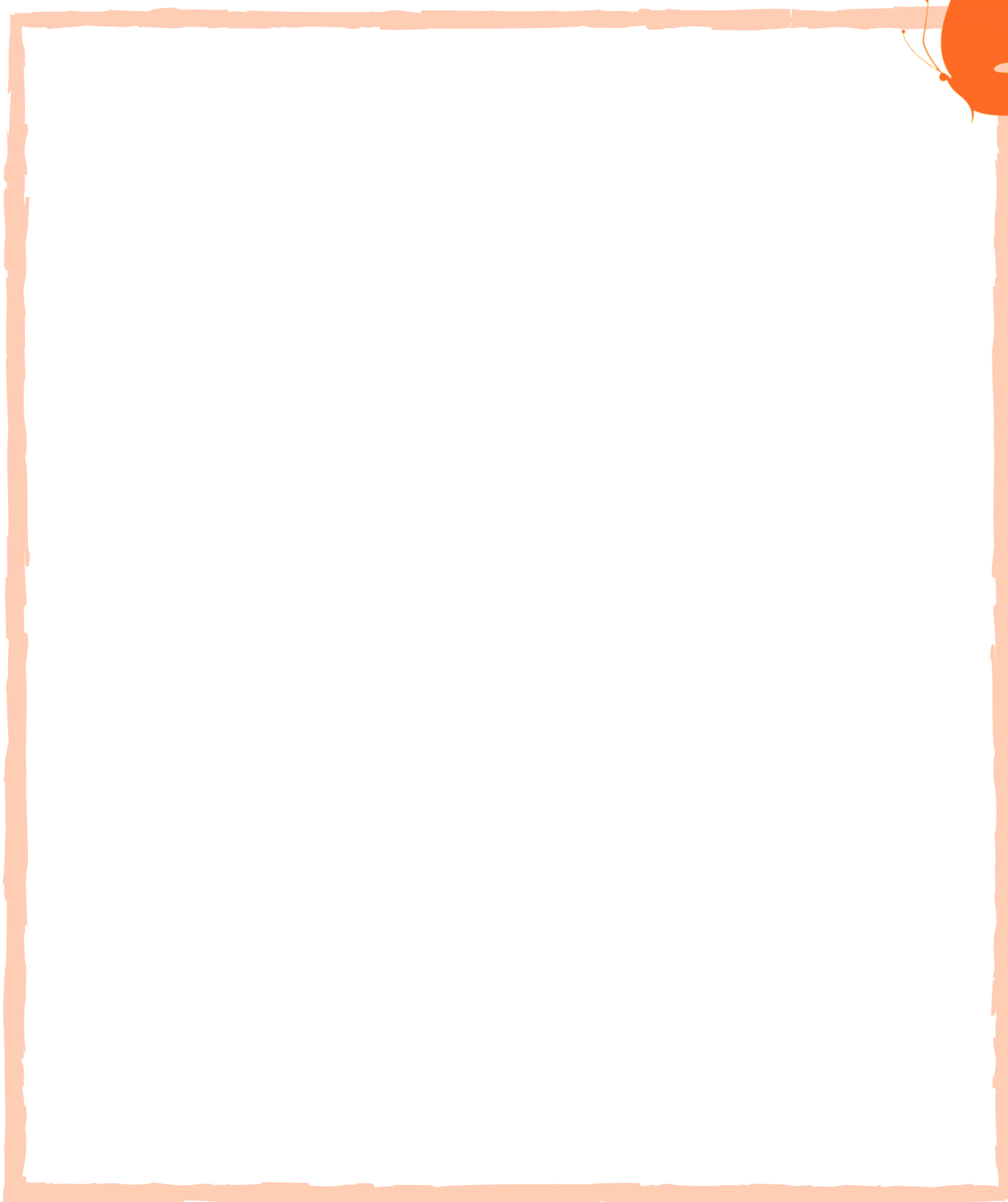
As we live out our human experience, we constantly receive information from the Universe. Badass Butterflies translate these messages from Source into concrete actions in our external world. We develop a spiritual philosophy based on our intuition and experience and use it to guide consistent, committed actions for our own highest good, and to construct a program that guides others towards theirs. After all, if receiving is a manifestation of the Divine Feminine, then to embody the Divine Masculine, we must GIVE.

As the Badass Butterfly Spiritual Life Coach ventures out into the world to create, it is important that she remembers the Truth of who she is— an extension of Source into form. Source is ALL, and the Badass Butterfly Spiritual Life Coach is the embodiment of ALL, including the Divine Masculine and the Divine Feminine. Embrace the experience of your unique life, and use the gifts/tools of the Divine Feminine and the Divine Masculine with joy and respect.

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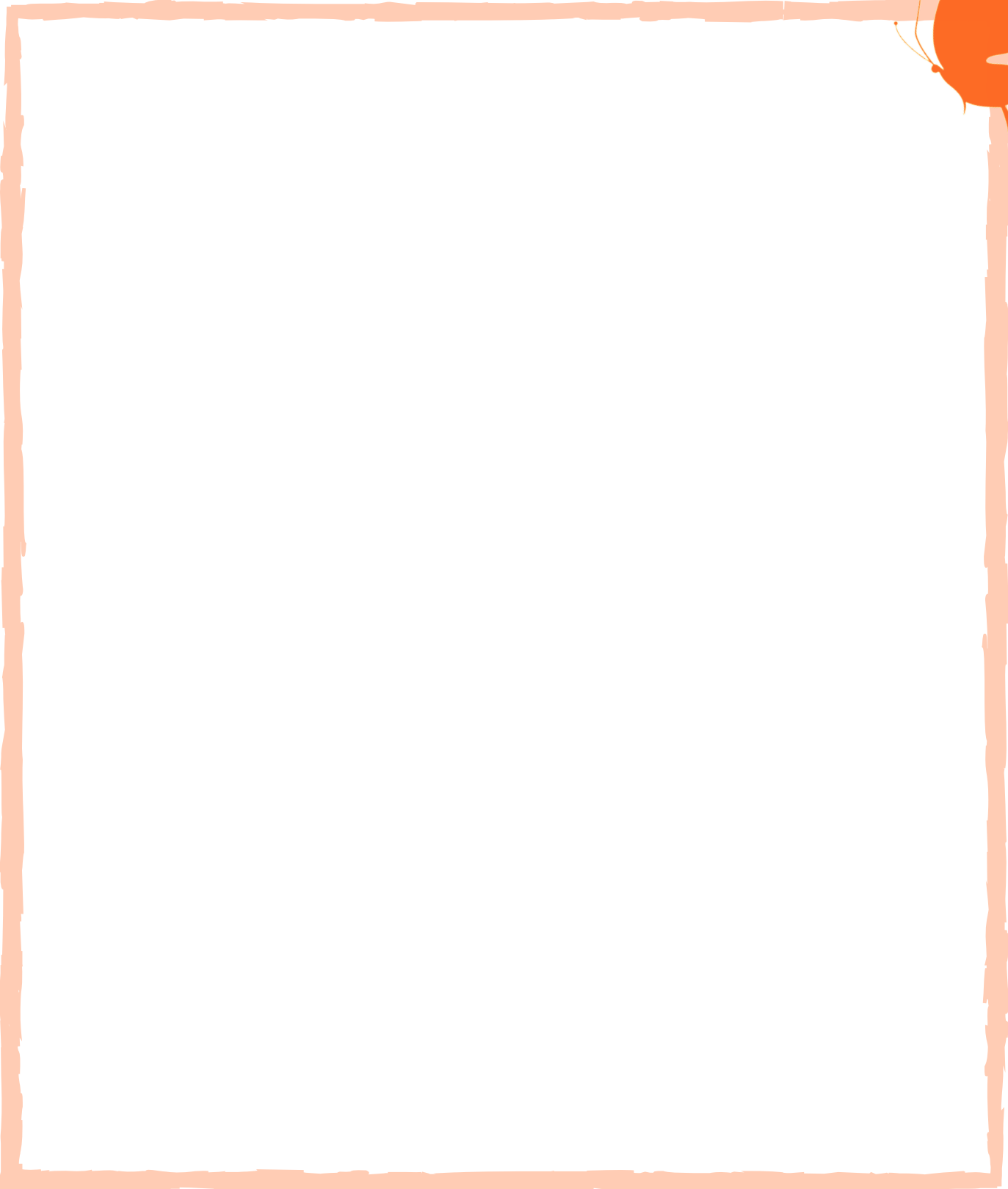
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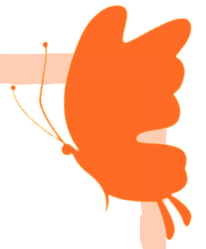
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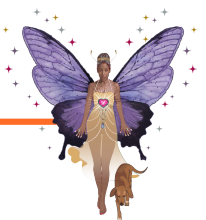
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Thank you so much

for using the workbook!

If you are interested in learning how I can help you become a
Badass Butterfly Spiritual Life Coach,
then [book yourself in for a complimentary Discovery Session.](#)

