

impose her truth on others.

6 **Care For Yourself**

A Goddess does not expect others to take care of her. She treats herself as well as she would treat her best friend. She is compassionate and forgiving with herself and others. She gets enough rest and gives her body the right fuel -- both in oxygen and in food and water. She knows what she needs and feeds her body and soul.

7 **contribute To Your Environment**

A Goddess is committed to healing the earth and works towards peace and understanding -- whether it is

on a large scale or simply within her family and closest circle of friends. She contributes to cleaning up the environment and teaches the next generation to do likewise.

8 **Love & Respect Your Body**

A Goddess sees her body (and the earth) as sacred. She is comfortable with her sexuality and is in tune with natural cycles.

9 **Practice Patience & Appreciate Balance**

A Goddess has learned balance and patience. Flow and ebb. Waxing and waning. A goddess does not stress during ebb or waning times. Instead, she uses the time wisely for rest, reflection, and planning.

10 **Trust Your Intuition**

A Goddess has learned to trust her intuition and inner knowing. She has learned to tap into this source at will.

11 **Be Flexible & Adaptable**

A Goddess has learned to let go of the need to control the flow of the river. She has discovered the futility of trying too hard. She has learned to ride the wave and go with the flow, to ask for and accept help when required. She is flexible, fluid, and adaptable. She has given up the need to control or manipulate. She does not pout or whine when she does not get her way.

12 **know Your Boundaries**

A Goddess communicates her boundaries. She is gentle, but firm when her boundaries are violated. She respects others' boundaries and asks for clarification when necessary.

13 **Honor & Support Others**

A Goddess recognizes, honors and supports the work of other goddesses and gods. She does not feel competitive or threatened

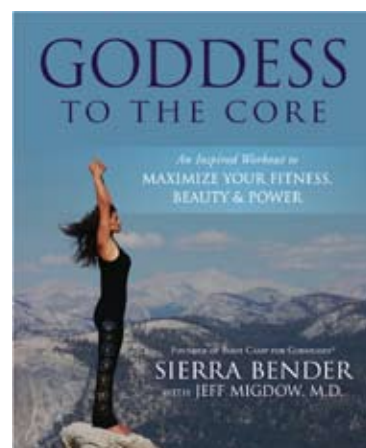
by other goddesses and understands that what is good for one is good for all, and that when one shines, the light benefits all. A goddess knows how to share and is generous of spirit, but she knows her limitations and does not give more than what she can afford -- emotionally, financially, physically, or energy-wise.

14 **Live In A State Of Joy & Gratitude**

A Goddess' natural state is one of joy and gratitude. She is at home with her shadow, and will honestly mourn her losses and explore her fears. She understands that everyone experiences pain -- it is part of life on earth. She works through her own pain with courage and dignity, without trying to sidestep, or numb it, but to get through it and learn from all experiences.

15 **Embrace Change & Loss**

A Goddess is comfortable with death and has learned to compassionately let go of relationships, concepts, and material possessions that are worn out, or no longer serve her growth. ✨



Sierra Bender, internationally acclaimed Spiritual Healer, lifestyle educator, motivational speaker, author and founder of renowned Boot Camp for Goddesses® leads wholistic trainings, certification programs and retreats for corporations and professionals in the health, healing and fitness industries worldwide. Visit www.sierrabender.com.

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