



## **WELCOME FIERCE ONE**

I know you might not be feeling very fierce in your life right now. In fact, you might be feeling exactly the opposite- stressed out, anxious, burned out and exhausted.

The idea of fierce? Feels like a you that existed long ago before life became full of chaos and All.The.Things. that there are to get done.

Maybe you have glimpses in one area but feel so not there everywhere else. Or maybe you've never felt fierce, but something in you so wants to start cultivating it in your life.

***Because you know that things aren't working how they are going right now.***

Most days you find yourself secretly hoping for a miracle {lottery win anyone?} or you might find yourself wishing a magical being would swoop in to start cleaning everything up for you, or more like you need a hero to come and save you from where you currently find yourself.

Miracles like that aren't what we are going for here though Fierce One.

Nope- what I'm more interested in showing you is the secret trick I've used and taught hundreds of private 1:1 clients over the years-

YOU are the Miracle.

YOU are the magical being who can swoop in and change your life.

YOU are your own damn hero.

And the secret path to go from where you are today to where you dream of going towards that place of living in Miracles, is to ***find your fierce.***

I believe that when we give ourselves the space to Find our Fierce, Miracles are not only possible in our lives, but are inevitable.

# And I'm here to help you get there.

## **WHAT IS FIERCE?**

Fierce is that magical place where you channel all of who you are into all of who you are Becoming.

And sometimes that means getting utterly uncomfortable to feel your power course through your veins ⚡

Sometimes it's a Rage Run.

Sometimes it's sitting in Stillness.

Sometimes it's making the call you've been avoiding.

Sometimes it's setting a big boundary.

Sometimes it's saying Yes to something way outside your comfort zone.

Sometimes it's saying No to what looks good on paper but feels wrong deep down inside.

Sometimes it's saying 'I need help' and opening yourself up to support.

Sometimes it's offering to help when you see it's needed.

Sometimes it's being disciplined when you really want to fall apart.

Sometimes it's letting yourself fall apart when you've been way too disciplined.

And sometimes it's simply showing up when you really want to shut down.

Or a million other ways we are called to stretch, to grow, to get purposely uncomfortable in the face of discomfort.

It gives us a chance to break the cycle.

It gives us a chance to feel free.

It maybe even gives us a chance to rage & roar & cuss & sweat & surprise ourselves with just how strong we are.

It gives us a chance to feel Fierce in the face of fear.

And it gives us the opportunity to not only find our Power again, but to reclaim it as our own.

Sometimes choosing discomfort is a daily choice.

I find whenever I feel powerless, not fully myself or like something needs to shift, my first job is to get uncomfortable- often with my body to see where she leads me, then sharing with those who support me.

It may be directing us to a big change; but more often than not it's a calling deeper into believing in ourselves.

And using the Fierce we find to take the right next step or giant leap with Grace. You may get uncomfortable, but you also may just find out how fierce you are in places you thought you lost it.

## **A WORD ON MIRACLES**

I truly believe that when we give ourselves the grace and space to find our fierce in our everyday lives, miracles are possible. And who wouldn't like more miracles these days?

In my humble opinion, Miracles are anything you say they are.



It's those secret longings of your heart.

It's the big audacious dreams you think might be a little too big {but maybe aren't actually big enough for all of you}.

It's the prayers you whisper when you have moments to yourself.

It's the impossible things coming true.

And it's the daily blessings that surround us in every moment, if we only give ourselves the permission to see life surrounding us in that way.

The key here is not that we are sitting around all day hoping and wishing and praying for a Miracle to change how things are going in our lives- the small every day kind of changes to the very big and scary.

Rather, we are putting on our big girl pants, pulling up our boots, donning the fiercest accessories we can think of and shifting our mindset into an "I'VE GOT THIS" and begin taking active, daily steps towards changing things in our life.

Because action is where we remember how strong we are. And when we remember how strong we are, we start to feel fierce in the every day. And when we feel fierce in the everyday, suddenly everything starts to feel like a blessing.

And when life feels like a blessing again instead of a burden, then Miracles begin to come in.

Not because someone came in to save you. But because you saved yourself.

## **MY STORY**

Sometimes I feel like my entire life has been one big journey to find my fierce.

If left to my own devices, I am probably one of the most risk-averse, quiet, completely content to hang out at home and read books and live a very solitary life kinda girl.

But- I also am a Leo with a ton of fire in me who craves the quiet but also craves living life BIG.

And well- we can't get to a BIG life full of miracles if we sit around and do nothing but hope for them.

Maybe that works for some, but for me, I've found that the right actions that match the dreams I want to come true is the path to get there.

Which requires me to tap into my fierce daily *simply to show up*.

Because if I didn't, my introverted tendency to hang out on my own would win out every single day. And sometimes it still does- and that's ok too.

But to get those blessings we dream about and make sure we avoid creating chaos in our lives, we need to be taking steps forward.

I've had many times in my life where the steps I'm about to lay out for you have been key to shifting where I was at that time in my life. But at no time was it more important than in 2017/2018.

At the time, I was running a highly successful coaching practice that was bringing in more money than I used to make in my corporate executive job. I was checking all the boxes and hustling hard, but my personal life was a disaster.

I was recently married and while my relationship was solid, my personal friendships were full of drama {cough- I had no boundaries} and my relationship with my body was basically non-existent.

I felt tired, sluggish, constantly drained, was gaining weight despite eating 'well' and only being in my mid-30's was already showing signs of perimenopause.

Something needed to change, but I was so scared to change anything for fear that my business would come crashing down.

But as they say, we all reach a point where the pain to stay the same becomes greater than the pain it takes to change, and I made a shift.

It didn't happen over night, but I began to focus my energy every day on 'What can I do to feel STRONG today?'

When I would get my answer, my rule was I had to do it.

Even if it scared me. Even if it didn't make sense. Even if it went against the plan I had for the day.

And slowly, those steps to feel strong increased my confidence, which helped me feel fierce, which led to some pretty miraculous changes in my life:

I set boundaries & those drama filled friendships fell away.

I stopped drinking alcohol and my energy returned.

I started to run & cycle again and my body transformed.

I started to eat food to fuel me instead of comfort me, and my body transformed even more.

I lost 40lbs off my body and friendships that were weighing me down.

I closed down some parts of my business and revenue soared.

And so much more. So that in less than a year, my life looked- and more importantly **felt**- radically different. And as they say- life was never the same again.

In all the right ways.

When clients work with me 1:1, we work extensively on addressing what is causing the chaos, burn out and exhaustion and then begin to craft a game plan to begin addressing each area of life where they need to show up with more fierce to finally start feeling lit up and inspired again.

While we can't go through the deep dive process that my 1:1 programs entail here in a guide, I *can* give you a 7 Day Adventure to begin exploring some of the questions and actions on your own.

## **FINDING FIERCE 7 DAY ADVENTURE**

Below I outline a 7 day adventure for you to try a few concepts on for size and see how they fit. Some might feel so good they become a daily practice, some might be something you visit once in a while, and everything in between.

My only rule here: Get curious. Play. Have fun with it.

And if you get a clear answer on an action you need to take, gather up the courage to take it.

You never know- one action you take during this could radically change your life for the better.

## DAY 1: YOUR EDGES

One of my favorite ways to start turning up the heat when things feel.... well life may feel all kinds of ways for you right now. Whatever it is you are feeling, 99% of the time when we feel like we are 'off' is to access the deep well of power within us again.

Even if we feel the complete opposite of powerful right in the moment, it's remembering that we have power, that we have sovereignty, that we CAN grab the reins and have control on life again, that helps us start to move forward.

So how do we access our power? Fierce one you already know the answer- we need to get purposely uncomfortable.

Because in that discomfort, in exploring our edges of what feels safe, we find out how strong we are.

It might take a while. It might feel when we start that power doesn't even exist in the same breath as us, let alone being something we can master.

Now I know what you are going to say- 'Um Jen- I'm ALREADY uncomfortable- that's kind of why I'm here'

Yeah I know. Been there done that have the stories to tell {and they are good ones!}.

But there is a distinct difference between the discomfort that we feel when life is throwing challenges upon us, and the discomfort we feel when we are CHOOSING to get stronger by getting uncomfortable.

It's the **choice** that makes all the difference.

And the more you let yourself get out of your comfort zone on a DAILY basis in areas you choose to, the more the areas you feel are out of control, 'magically' start to feel controllable once more.

**So your first Finding Fierce Adventure:**

**Pick your edge of NOW- not what was your edge before or what you wish it could be. Your TRUE edge where you can challenge yourself J U S T enough that you start to remember how strong you are 💪**

**This could be physical, professional, relational or more. All that matters is making a choice, and sticking with it long enough to remember just how strong you are.**

And let's see what spark might be lit in doing so ✨

## DAY 2: FEAR SETTING

In my experience, the fastest way to find your fierce is by facing your fears head on. This isn't for the faint of heart and trust me- the more you work on step one of getting out of your comfort zone to access your power, the easier it gets to get real with ourselves about what we are ACTUALLY scared of.

I learned the basis of this exercise years ago from a workshop with Tim Ferris who was dating a friend of mine at the time.

As someone who lives with anxiety, I found this to be one of the quickest ways to calm my fears and find real, actionable steps to address them.

The bare bones of the practice is this:

Asking yourself- what am I REALLY afraid of right now?

Then letting your mind go wild with ALL the possible terrible things that could happen with each scenario you imagined.

Then taking time with each worst case you listed, and brainstorm how you would solve it if it actually came to pass.

And example:

You are worried you might lose your job because your company is having layoffs.

That is the worst case fear: you get laid off.

What are all the things that scare you from this one thing happening?

Also what scares you if it doesn't happen?

Let your fear speak. Listen to what she says. And then come up with how to handle it.

Once we know what we are scared of, and that we can create solutions if it happens, the fear loses its power. It might still be really unpleasant, but knowing we can face them helps us feel more powerful and find the fierce steps we need to take to tackle things- whether the fearful thing ever happens or not.

**And so your second Finding Fierce Adventure:  
Get real with yourself about what you REALLY are living in fear of right now.  
And start dancing with that fear.**

## **DAY 3: ACTION**

Ugh I know I know- you already have SO MUCH on your plate & even more weighing you down that the thought of doing MORE sounds, well- miserable.

But here's the thing- action just because it's on the list doesn't necessarily move us forward- and it often leaves us drained.

Actions that we consciously choose because we know we NEED them {are you seeing the theme with choice here yet Fierce Ones} can help us feel lifted & lit up in ways we maybe haven't seen in a really long time.

Here is where you use the decisions of the first two days to start putting plans of action in place and then you know- starting to do them.

Even if you think you don't have the time.

Even if you are exhausted and don't think you can add anything more.

Even if what you know you need utterly scares you.

Act. Stumble. Fall. Mess up. Miss a day. Go back. And then act some more.

And watch how that spark becomes a flame becomes a wildfire of energy to propel you forward.

**So your third Find Fierce Adventure: Allow yourself to stumble + fail BUT get back up swinging**

## **DAY 4: STANDARDS**

Now- I totally realize that these are not 'contained within one day' exercises for you to do, but rather are setting you up for daily shifts that lead to life-long changes in your life.

You might have had a really easy time with the exercises up until now, or you might be thinking 'this lady is crazy if she thinks I have the time for all this'

It's ok- I can handle it.

Because I know that all of what's in this guide really comes down to one thing- and if you get this the rest will fall into place.

*It's all about setting standards for yourself of who you wish to be in your life going forward.*

That person you dream of becoming?

How are they challenging themselves daily? How are they facing their fears?  
How are they acting on a daily basis?

What are their non-negotiables in life?

That's you in a few months to a few years- so what standards can you create for yourself NOW to start living it today?

Some might call this rules of engagement. Some might call it holding yourself accountable. Some might call it being strict.



In a way, this can also be seen as setting boundaries with yourself {we get more into boundaries in the next section}.

But the word *standard* has always resonated with me, but if it doesn't work for you I encourage you to find what does. *As long as it inspires you to hold yourself to your word it will work.*

**So your fourth Finding Fierce Adventure: Set standards for yourself.**

## DAY 5: BOUNDARIES

Boundaries is one of those big, huge topics that sometimes are ALL we discuss in some sessions of my 1:1 work.

Today we aren't going deep with boundaries, but we are starting to open the door to using them more.

Or if it helps you to imagine it this way, asking yourself where in your life you need to CLOSE the doors because right now, they are way too wide open and it is draining you.

I've always seen boundaries as doorways- Some are wide open and vulnerable with those we trust the deepest.

Some are closed but a special few know the secret knock to get in.

Some are closed and the key has been thrown away and that particular person or topic is never gonna see the light of day again {these are few, but golden}.

Boundaries can be set with people, topics, activities, foods... really anything that you interact with on a regular basis.

**So your fifth Find Fierce Adventure: Set boundaries with others to protect your peace**

## **DAY 6: EXPECTATION MANAGEMENT**

This is a big one Fierce Ones, and one that has so much nuance and individuality to it that a few paragraphs won't do it justice, but I'll try.

I believe that often the pain, disappointment, chaos & drama in our lives comes from missing the mark with our expectations.

With jobs, with opportunities, with relationships, with actions we commit to, with goals, and even with ourselves.

We are a culture of dream BIG and have big goals and everything must be perfect and oh! It all needed to happen yesterday.

But life doesn't happen linearly most of the time, and in my experience most things take TIME to develop and grow into the big audacious dream we know is possible.

There are so many factors- that dream relationship also relies on another person showing up for their end. That dream job requires a company & teammates who do their part. The dream race requires our body, mind, spirit & even the weather to all show up perfectly the day of.

Do you see where I'm going here?

I 100% believe we need to all be dreaming big into what we want to create in our lives AND we need to manage our expectations of how long it could take & all of the factors involved so that we can act accordingly in the moment.

This is where a three-fold process comes into play:

1. Daydream what you want into reality

2. Break things down into small, manageable steps
3. Use what came up in the Fear Setting to be prepared for anything.

**So your sixth Finding Fierce Adventure: Revise your expectations so you can handle anything that comes your way AND open up the space to shock + awe + delight yourself when things turn out BETTER than you expected**

## DAY 7: GRACE

So if I'm being honest, THIS is probably THE most important of all of the exercises here.

Celebration is something that I always connect with Grace. I'm not talking the throwing a big party every day kind of celebration, but I AM talking about beginning to cultivate the feeling every day that you are celebrating being ALIVE.

That the circumstances of your life might not be ideal or everything you wished for *right now*, but what you *do* have is still worth celebrating.

This is really just taking a Gratitude practice and amplifying it so that you recognize that not only can you give thanks, but you can celebrate it all from a place deep down within that knows what a blessing it is to be walking this earth and even having the chance to dream up new possibilities for yourself.

If we cultivate the feeling that every day is a special day- I've seen it happen so many times it's almost guaranteed- more special things tend to *just fall in our laps*.

The random synchronicities, the opportunities well beyond our wildest dreams, the chance meetings, the special moments. They seemingly multiply.

Like- Grace.

There are many theories out there as to why this is, but deep down in my heart I feel like the more we let ourselves dream, the more we celebrate what is, and the more we take courageous action to move forward, the more life wants to meet us at the party.

**So your final Finding Fierce Adventure {and most important}: Give yourself Grace as you begin to show up for yourself again.**

*And that's where the real fun begins- or the Fierce Miracles as I like to say.*

*Because when we feel fierce, life starts to feel like one big powerful miracle- and I for one am all for more people walking this earth not just knowing, but feeling deep in their bones how wonderful it is to be ALIVE.*

I'd LOVE to hear how any or all of these daily adventures went for you. There is so much more nuance that I could probably write a book on each adventure, and often my 1:1 client work involves going deep in each of these topics to apply them to you individually.

My inbox is always open for you to share your revelations, ahas and of course Miracles! Feel free to email me anytime at [jen@Jenblackstock.com](mailto:jen@Jenblackstock.com)

And if you want to explore more, my signature session- the POWER Session- is currently open to new clients as an initial consultation before enrolling in a 1:1 program to work directly with me.

To sign up, simply hop on over to [jenblackstock.com](http://jenblackstock.com) and click 'Get Started' to learn more.

I hope to hear from you and can't wait to celebrate any ways that you explore Finding Fierce with you!

**XOXO JEN BLACKSTOCK**