



#WARRIORWOMEN

Find your tribe  
and live your best life

FIONA STUBBINGS

Copyright © 2018 Fiona Stubbings

All rights reserved.

ISBN: 978-0-6484567-0-4

# CONTENTS

1. Introduction . . . . .	13
2. #warriorwomen. . . . .	17
3. Your Tribe. . . . .	25
4. Major Life Transitions. . . . .	41
<b>SUBSECTION 2: MUMOLOGY. . . . .</b>	<b>51</b>
5. Becoming a Mumma . . . . .	53
6. The New You. . . . .	55
7. Pregnancy Plans Plans Plans. . . . .	61
8. When Baby/Angel Face Arrives . . . . .	67
9. The Homecoming Shock. . . . .	73
10. First Time Mums . . . . .	79
11. Ante-Natal, Post-Natal Depression . . . . .	85
12. Who Am I? . . . . .	91
13. Looking After the Mumma . . . . .	99
14. Back to Work – It Takes a Village . . . . .	103
15. The Mumma Mental Load. . . . .	109
<b>SECTION 2: CAREER #WARRIORWOMEN . . . . .</b>	<b>115</b>
16. Changing Careers. . . . .	117
17. Career Challenges. . . . .	127
18. Coaching Career Change. . . . .	137
<b>SECTION 3: MID LIFE . . . . .</b>	<b>153</b>
19. Mid-Life Crisis. . . . .	155
20. The Mid-Life Transition . . . . .	161

21. Strategies for Mid-life . . . . .	165
A Final Note to All the Amazing #warriorwomen . . . . .	175
Appendix . . . . .	177
References . . . . .	179
About the Author . . . . .	181

## 3

### YOUR TRIBE

#### **#WARRIORWOMEN ARE AN AMAZING TRIBE**

---

Whenever life gets tough or exciting (or even when it's a bit same old), I turn to my tribes – yes you can and should have more than one. I couldn't live without my girlfriends. They are essential to my life's happiness.

Whether you have a girl tribe, a squad, a girl-gang, whether it's your mum, sister, neighbours or relatives, whatever you want to call them, whoever they are, you need them.

The traditional definition of a tribe doesn't quite fit my life and maybe that is the case for yours too. As I mentioned before, I have more than one tribe. I have girlfriends from all over the world and across different parts of Australia and even Sydney. Some of them know each other and some have never met, so its ok to have more than one tribe especially when different people meet different needs in you. Your tribes could have one or two people in them or twenty people. So when I talk about my tribe or tribes, I'm really just talking about the women in my life who provide support, love and friendship at any given time.

There is something so special about the unconditional love and support our sisters provide us. There is something empowering about having women in your life who know everything about you and still love you!

If you don't have a tribe or tribes, now's the time to find yours. (If you can't find a tribe or don't know where to start, contact me and join my Facebook/WarriorWomen Wellness Group.)

The driving force behind this book is my passion for the power of women. Women who stand together and uplift each other.

### **EVALUATING YOUR TRIBE**

---

A couple of years ago I had what some might describe as a mid-life crisis. I like to call it the 'depression I had to have'. It was a real low point in my life and I found out who was there to support me and who wasn't.

The experience of what I now believe was a mental breakdown allowed me to take stock of my female relationships. Who was going to help me get through this, without judgment, without people fearing they would 'catch it' (I'm pretty sure some people think mental illness is catching) and without gossiping about me behind my back? I had to take stock and take control over the people I shared my life with so I could live the extraordinary life I wanted.

I did a whole lot of soul searching, as you do when you face a crisis! I realised we women need our girl tribes. We need friends and family who'll lift us up when we're having trouble doing it ourselves. We need friends and family who don't stand and judge. We need friends and family who get right down on the floor with us when we fall and say, 'I'm here, let me help you get up, do you need wine?'

## OUT WITH THE NEGATIVES...

---

Throughout my life I've suffered from depression. It comes in waves. I suffered ante- and post-natal depression with both my children and I know how easy it is to go to dark places in your mind.

The thing that got me through those times (apart from my husband and boys) was my girlfriends, especially the ones who'd been through it themselves.

Taking stock of my friendships meant I sifted through the good, the bad and the downright awful (thankfully, there weren't too many of those). I made a promise to myself to nurture the good, which when you have depression is not as easy as it sounds. You need to make an effort to go out, to make plans, to get dressed when you don't much feel like facing the world.

However, it turns out, spending time with your girls is one of the best antidotes to depression.

The next step was to bench the bad, either not spending time trying to maintain the friendship or spending less time with Debbie Downers.

Finally I had to fire the downright awful friendships in my life. These tend to be people who have nothing positive to say, who talk about other people with venom and who just don't make you a better person by being with them. I used to want to heal these wounded birds, and I still do, but in coaching I learned that my future and my life is the only thing I can control.

The process liberated and empowered me. When you ditch the unhelpful relationships in your life, you're left with way more time to nurture the good.

Maybe you have been feeling this way yourself and don't know how to handle the friendships or relationships that bring you down. Stay with me. I have some tips at the end of this chapter.

## **IN WITH THE POSITIVES**

---

So, as I said before, I set about trying to keep the beautiful and inspiring women in my life, and I let them know how much they're appreciated. It's hard running businesses, studying, working and managing family life. However, it's the most rewarding thing in the world to spend a few hours with our tribe, just being ourselves.

Now that I've got a better perspective on the women in my life, I want to support other women to empower each other, cheer each other on and fix each other's crowns – to succeed, to live their best lives and to love life!

What I realised is if we have people behind us cheering us on, we have more capacity to succeed. Why? Because when other people believe in us, we begin to believe in ourselves, and when we believe in ourselves, that's when the magic happens.

## **YOUR TRIBE**

---

Not one single person meets all of your needs all of the time. A tribe is an opportunity to have a bunch of girlfriends who meet our different needs.

There's a school of thought that suggests we become the five or six people we surround ourselves with in our life. That's pretty enlightening when you think about it. So who do you want to be? Who needs to be in your life?



When you are thinking about who you have or need in your tribe, I suggest you think about the following types of friends you could or should have in your life (or make up your own if you prefer). These are just ideas. You can probably come up with one or two more. Here are some examples of the types of women you need in your tribe...

### **1. A #WarriorWoman Tribal Chief**

Everyone needs someone who has been there before. Whether you take advice from others or not, having a wiser more experienced friend in your life is always helpful when it comes to making big decisions. She's the one you trust to know what she's talking about!

She's probably a few years older. She's had a few more experiences than you. She'll still be fun but she will know just what you're going through and what you might need. She will guide you lovingly. Needless to say, she's a keeper.

### **2. A #WarriorWoman Trail Blazer**

This friend is connected. She knows people and can hook you up with everything from a great osteopath to the latest technology. She always has new and fabulous ideas or solutions to everyday problems. She sings your praises to her every contact – you need her in your life because she just oozes positivity and success!

### **3. A #WarriorWoman Fan Girl**

This friend cheers you on, tells you to go big or go home. They are your biggest fan. They're positive about everything you do and they want to see you succeed. They're probably very successful themselves. They see your worth and your talent and they support your every move with as much excitement as you, maybe even more! From singing your praises to liking your every social media post, they go out of their way to share your gifts with the world.

#### **4. A #WarriorWoman Empath**

This friend has totally got your back. You can cry on her shoulder and she will always listen and comfort without judgement or offering unsolicited advice. She knows you just need an ear and a great big hug. She is your comfort, she is your security when things get crazy. She is pure love. She won't let you go through anything alone.

#### **5. A #WarriorWoman Truth Doctor**

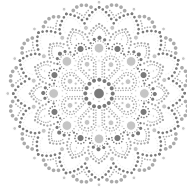
This is the friend you go to for the absolute honest, straight down the line, no holds barred, truth about whatever it is you want, need or are about to do. It's the brutal honesty you need when you might be all tangled up in emotions and can't see straight. She won't sugar coat. Every #WarriorWoman needs a Truth Doctor who isn't afraid to tell you how it is. If you are open to criticism, open to honest feedback and can take the truth from someone you love, this person will be invaluable to your life and your future.

#### **6. A #WarriorWoman Fun Fitness Friend**

This is the friend you exercise with. She wants to do fitness events with you and go on adventures. She will run, walk, cycle, swim, lift weights with you and make you accountable to your physical health. She will have you back when you don't feel like running at 8:00pm at night. She will tell you to "go straight home, do not stop at the bottle shop, do not think about take away, get your gear on and get to the gym, I'll see you there". This girlfriend is priceless in terms of your health and wellbeing. Exercise is key to maintaining good mental health as well as physical health. You can't do without her.

If you think you might need more of any of these women in your tribe and less of the ones you have right now, then you need to do the friend stocktake here and now.

There will always be hurt feelings in a friendship stocktake. Being sensitive to other feelings is important when you choose to make any kind of significant change in your own life, especially one that has an impact on another person's life. But, being afraid of hurting someone's feelings is not a good enough reason to keep people around who keep you down. You can do this, I believe in you.



## THE FRIENDSHIP STOCKTAKE

---

If after reading this chapter you feel like you should do a stocktake on your friendships, there are a number of things you can do.

**Step 1** – Sit for a minute. Think about your current friendships. Who are the women in your life? Who do you see often and who not so often? Write a list on a separate piece of paper (in case you want to loan them this book 😊).

Start by asking yourself (write it down below): ‘How do these people make me feel?’ This exercise will help you to attach your fabulous tribe members to all those good feelings.

---

---

---

On the flip side you may have friends (or family) who make you feel bad about yourself, or depressed, but you keep them in your life because you feel sorry for them or guilty or responsible etc.

This is where you need to ask yourself: 'What do they bring to my life, what is their purpose in my life?'

---

---

Do I need or want them to continue to be a part of my life?

---

---

What are my beliefs around this person and our relationship?  
What do you believe this person brings to your life?

---

---

It's important to do a check-in on your beliefs. The answer to many of our blockages or inability to change stem directly from our core beliefs around an issue.

Only you can decide if these women are truly part of your tribe.

When you work out who you really want in your tribe, ask yourself: 'What do I need to do to maintain and grow the relationship?'

---

---

**Step 2** - Creating your list in Step 1 will help you to determine who's missing from your list. This is key to stepping up your networks and bringing into your life women who will help you to become the person you want to be, the person you're meant to be.

Ask yourself 'Who else do I want in my tribe that isn't already in it, and why?' Think about people you admire, respect, look up to, want to learn from.

---

---

Now ask yourself: 'How can I go about meeting women like that to build my tribe?' Here you need to step outside your comfort zone, go out and network! You might need to go to conferences or join facebook groups or reach out personally to these women.

---

---

## CALLING IN THE NEW - INITIATING THE NEW MEMBERS OF YOUR TRIBE

---

We don't always meet like-minded people by chance. Sometimes you need to throw yourself at people and see if they catch you. You can't lose what you don't have. If people don't respond to you, maybe they're not meant for your tribe, or maybe you need to convince them that they need you too!

One brilliant resource we now have is social media. For all its faults there are so many benefits. Meeting people through networks you belong to can lead you to those people you most want to be like and have in your life.

You can search for pages on Facebook by subject matter, profession, hobbies or geographic locations. The possibilities for joining new groups is endless – remember to ask yourself if these groups add to your tribe.

When I was in the party styling business, I found a divine woman doing these amazing chocolate piñata cakes. They look like cakes but they are made of chocolate and you smash them like a piñata that is, of course, full of lollies (you have to get these for your children they are crazy fun. Find the lovely Kylene at [Smashcake.com.au](http://Smashcake.com.au)). I immediately wanted them at my parties so I contacted her. Eight years later she is one of my most treasured friends. Thank you Facebook. I'm living proof you can meet and make genuine connections with like-minded people (who also might love chocolate) via the internet. BTW we often laugh about how our relationship started on the internet.

## TIES THAT BIND

---

Sometimes changing your circle can also be a major life transition. If you've had the same friends for forever (say, since high school or longer) and have never done an assessment of how they make you feel, it may well be a big turning point in your life.

You may feel a bit stuck here, like you're at a crossroads. That's okay. Change like this is hard and its ok to take your time with it if you don't want to rip the band-aid right off.

**Believing** we should come first in our own life is often something we women find hard!

But I can assure you, once you decide to make the change for yourself and choose to put yourself first, the friends who love you and want what is best for you will stick by you. What kind of friend wouldn't want you to be happy?

The best way to tackle a major change like this is to follow the steps above. Remember that you need to firstly believe you are worthy of more from your friends, and secondly that you need to be around people who **value** you, **respect** you and bring **happiness** and **joy** to your life. If you aspire to be an entrepreneur, then you need to surround yourself with people who inspire you, develop you and make you better (you'll find literally hundreds of them on Facebook, Instagram, Snapchat, LinkedIn etc).

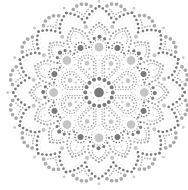
Breaking ties with people who've probably leant on you to feel better about themselves, but not offered the same in return, can be hard. Take your time, explain your reasons (if you have to) and let the friendship die a slow, natural death if that helps you to feel less guilty.



There's a quote that has stuck with me for many years that I reflect on when things change in my friendships (it's very relevant to romantic relationships, too). People come into our lives '*for a reason, a season and a lifetime*'.

Embrace the reason, enjoy the season and never take for granted those you have for a lifetime.

Now that you have done the friend stocktake you need to take action. Write down the first few things you will do this week to get moving on re-organising your tribe.



1. What is the first step you will take to move you towards creating or building your totally awesome and uplifting girl tribe?

---

---

---

2. When will you do it? (be exact with date and time if necessary – it has to be this week)

---

---

---

3. Who will you tell you are doing it? (for accountability – partners are good for this kind of thing)

---

---

Put it in your diary and make the commitment to start on your path to building your tribe of #WarriorWomen.

You can post to either of my Facebook pages *#WarriorWomen Wellness Group* or *Mind Design Coaching* where my tribes can support you along the way.