

WARRIOR WOMAN SURVIVAL GUIDE



FOR MY WARRIOR WOMAN

DEAR WARRIOR WOMAN,



If you're holding this guide, chances are... you're used to being the one who gets it done.

You're the glue. The go-to. The “strong one”.

You've built a life by showing up — for your work, your family, your team, your to-do list. Even when you're exhausted, you power through. You pride yourself on being dependable, productive, capable.

But if you're honest... something has shifted.

Maybe your energy isn't what it used to be. Maybe your mind feels foggy, your sleep is all over the place, and no amount of coffee or green smoothies seems to fix it.

You might be wondering, “What is going on with my body — and why can't I just push through this like I always have?”

Here's the truth I wish someone had told me sooner:

This isn't about weakness. It's about wisdom.

You're not broken. You're not lazy.
You're not losing your edge.
You're evolving — and your body is asking for a new kind of power.
Not the kind that comes from doing more. But the kind that comes from **restoring, nourishing, and resetting** from the inside out.

I created this guide especially for you, the strong, capable woman finally ready to slow down (just a little), honor what your body is asking for, and learn how to feel like yourself again... naturally.

Let's shift from **burnout to balance** - without losing that fire that makes you, **YOU**.

You've carried it all.
Now it's time to carry yourself.

With heart,
Coach Shannon
Certified Integrative Health Coach
That Menopause Mentor



UNDERSTANDING THE WARRIOR WOMAN ARCHETYPE

YOU ARE A WARRIOR.

You're the one who makes it happen.

The high achiever. The helper. The do-it-all woman who carries the mental load, holds up the household, and shows up strong, even when you're running on empty.

But here's the truth that many Warrior Women have a hard time accepting:

You weren't meant to run on stress hormones forever.

COMMON SIGNS OF THE WARRIOR WOMAN IN MENOPAUSE

You completed your quiz, so this probably sounds familiar:

- You push through fatigue with caffeine, grit, or willpower.
- You feel like there's never enough time to slow down — and even if there was, you're not sure how
- You might be experiencing burnout, anxiety, sleep issues, irritability, or that constant “wired but tired” feeling
- You don't always ask for help (or know how)
- You're used to handling everything... but lately, something's got to give

Sound familiar? You're not alone. And you're not doing anything wrong.

Your body is just trying to **get your attention**.

WHAT'S REALLY HAPPENING BEHIND THE SCENES

During perimenopause and menopause, your hormones — especially **estrogen**, **progesterone**, and **cortisol** — start shifting in big ways.

- Estrogen helps regulate mood, memory, and brain function. When it drops, we can feel foggy, moody, or forgetful.
- Progesterone has a calming effect — and when it declines, we often feel anxious or on edge.
- Cortisol, our main stress hormone, gets stuck in overdrive when we don't rest — and that creates a ripple effect on weight, energy, sleep, and emotional balance.

For Warrior Women, this trifecta hits hard — because you've been “on” for so long, your body doesn't know how to turn off.



WHY THE OLD WAY NO LONGER WORKS

You've probably tried powering through your symptoms like everything else in life — with determination, grit, or a color-coded planner. And you've probably discovered... it doesn't work anymore

That's because this isn't a time to try harder.

It's a time to try differently.

This next chapter of your life isn't about more hustle — it's about healing.

And healing starts by learning to listen to your body, nourish your nervous system, and honor your energy instead of overriding it.

You don't have to give up your ambition, your spark, or your goals.

But you do need to give yourself permission to restore.

And that's exactly what this guide will help you do.



THE WARRIOR WELLNESS PILLARS

Your 3-Part Framework to Reclaim Energy, Calm, and Clarity.

*You don't need more hustle.
You need healing habits that
work with your body, not
against it.*

As a Warrior Woman, you've lived in "go mode" for years — juggling deadlines, family, to-do lists, and expectations. But when your hormones shift, your body needs a different kind of fuel.

The path forward isn't about giving up your goals.

It's about choosing habits that replenish your energy so you can keep showing up — for yourself first, and for everyone else second.

Here's how we do that...



PILLAR 1: CALM THE CHAOS

(Stress Reduction + Nervous System Reset)

Stress is the number one fog creator and hormone disruptor in midlife.

Your nervous system has been stuck in fight-or-flight, and now it's time to activate your rest-and-restore response.

Try this:

- Add **5 minutes of breathwork** or **legs-up-the-wall** pose to your evening routine
- Use **adaptogens** like ashwagandha or rhodiola to support your stress response
- Start a tech-free wind-down routine before bed (dim lights, no scrolling, calming music or herbal tea)
- Set boundaries that protect your energy — even 10-minute breaks make a difference

✨ **Remember:** You don't have to earn rest. You're allowed to restore.



PILLAR 2: NOURISH LIKE A WARRIOR QUEEN

(Brain + Hormone-Supporting Nutrition)

Food isn't just fuel — it's information for your body. And in midlife, your body needs **more nourishment**, not fewer calories.

Eat in a way that supports your blood sugar, brain, and hormones.

Try this:

- Build meals around the PFF combo: Protein + Fat + Fiber
- Focus on nutrient-dense foods like leafy greens, berries, fatty fish, pumpkin seeds, walnuts, and dark chocolate
- Don't skip breakfast — it helps stabilize cortisol and sets the tone for the day
- Stay hydrated and add minerals like magnesium for calm focus

Want to keep it simple? Start with the recipes I've included as a bonus to this workbook — they're quick, brain-friendly, and delicious.



PILLAR 3: MOVE TO RESTORE, NOT BURN OUT

(Smart Movement for the Warrior Nervous System)

Warriors love a good challenge — but high-intensity workouts can actually **raise cortisol** when your body's already stressed. It's time to move in a way that supports your energy instead of draining it.

Try this:

- Swap some HIIT or cardio for **strength training**, walking, yoga, or Pilates
- Prioritize **daily movement over occasional intensity** — consistency matters more than duration
- Use movement as a mood and mind reset, not punishment
- Start with 10–20 minutes if that's all you have — it counts!

You're not losing progress by slowing down. You're building a stronger, more sustainable foundation.

ACTION STEP

Which of these three pillars is calling to you the most right now?

Circle it in this workbook. Commit to one small shift this week — even if it's just swapping one snack or setting a 10-minute reminder to step outside.

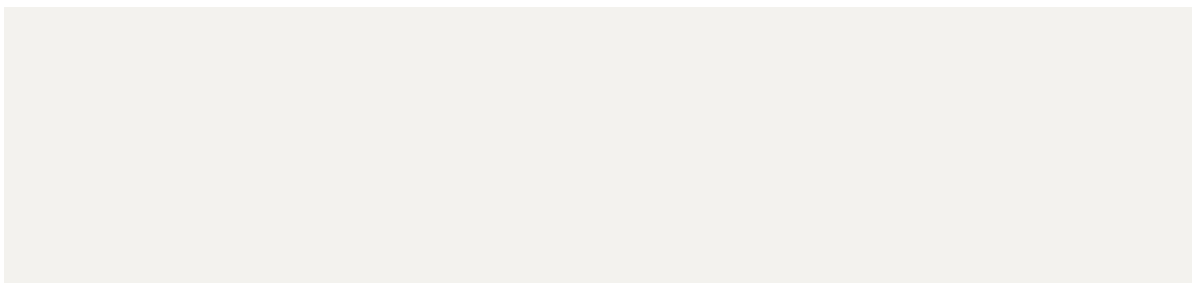
Small choices = big changes when repeated consistently.

This is your first step toward restoring your power in a natural and sustainable way.

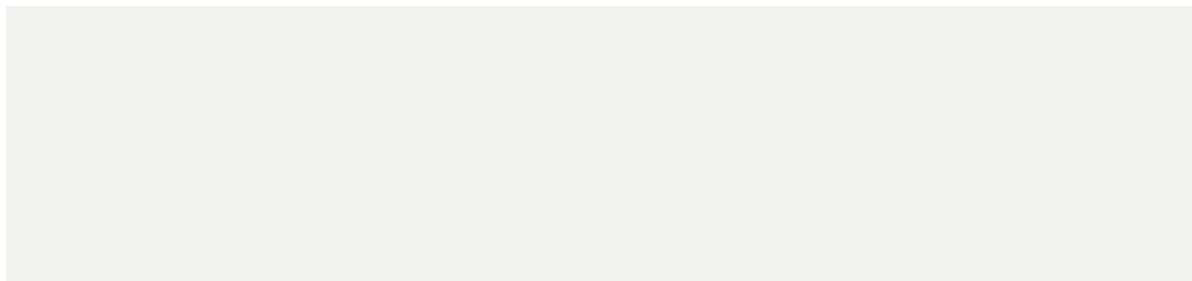
JOURNAL PROMPT: FROM HUSTLE TO HEALING

Take a few minutes to reflect on the following questions. This is where insight turns into action:

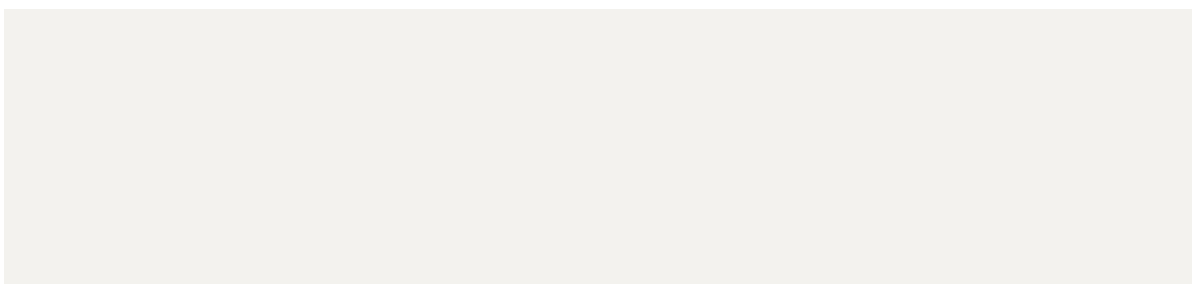
- **Which Warrior Wellness Pillar do you need most right now — Calm, Nourish, or Restore?**



- **What is one area of your life where you're still “pushing through” — even though your body is asking you to slow down?**



- **What would it look like to give yourself permission to choose ease instead of effort this week?**



You don't have to overhaul everything. You just need to start listening — and responding — with compassion.

RECLAIM YOUR ENERGY – ONE SMALL SHIFT AT A TIME

You can't pour from an empty cup... and you were never meant to run on fumes.

As a warrior woman, you've likely been operating in overdrive for a long time. And maybe, just maybe... you're starting to feel the cost of that.

This activity is designed to help you get honest about where your energy is going — and how to bring it back.

No guilt. No judgement. Just compassionate awareness and one small step toward balance.



STEP 1: ENERGY AUDIT

Draw two columns in your journal, or use the space below in your workbook. (Page 15)

Column A: “Energy Drainers”

These are habits, commitments, or thought patterns that leave you feeling tired, frazzled, or out of alignment — especially during menopause, when your body is more sensitive to stress.

Examples:

- Saying yes when I mean no
- Skipping meals or grabbing sugar/caffeine to “push through”
- Overbooked calendar with no downtime
- Late nights with poor sleep habits
- Negative self-talk or perfectionism
- Comparing my body, productivity, or life to others
- Doing everything myself because “it’s just easier that way”
- Too much screen time before bed
- Working through lunch or eating while multitasking
- Bottling up emotions instead of processing them
- Not asking for support because I don’t want to feel “needy”
- Pushing through a workout when I really need rest
- Being available to everyone else... but not to myself

Column B: “Energy Givers”

These are the things that restore your calm, boost your clarity, and help you feel like you.

Examples:

- Getting 8 hours of sleep (or working toward it)
- Walking outside first thing in the morning
- Saying no without over-explaining
- Eating a breakfast with protein and healthy fats
- Taking 10 slow breaths when I feel overwhelmed
- Listening to music, dancing, or moving joyfully
- Journaling what’s on my heart — even if it’s messy
- Spending time with people who let me be myself
- Strength training instead of HIIT
- Choosing one simple meal I enjoy and prepping it ahead
- Drinking a smoothie instead of skipping breakfast
- Creating 30 minutes of “me time” in my day
- Letting good enough be good enough
- Laughing, playing, or doing something just because I want to
- Drinking water with minerals first thing in the morning
- Turning off my phone after 8pm
- Asking myself, “What do I need right now?” — and listening

STEP 2: CIRCLE ONE

Now, take a look at both columns.

Circle one drainer you're ready to shift or set a boundary around this week.

Then, circle one giver you're committed to adding in — even in a small way.

You don't need to do it all. You just need to start somewhere.

WARRIOR REFLECTION

Write your response to this journal prompt below (or in your notebook):

What would it look like to honor my energy this week — instead of pushing through it?"

Remember: Restoration isn't weakness — it's wisdom.

This is the kind of leadership your body, brain, and future self will thank you for.

YOUR NEXT STEPS + WARRIOR SUPPORT

You Don't Have to Do This Alone

*This isn't the end of your journey.
It's the beginning of a softer, wiser,
more powerful way forward.*

If you've made it this far in the guide — I want you to pause for a second and really take that in.

You've already done something most women never do: **you've slowed down long enough to check in with your own needs.**

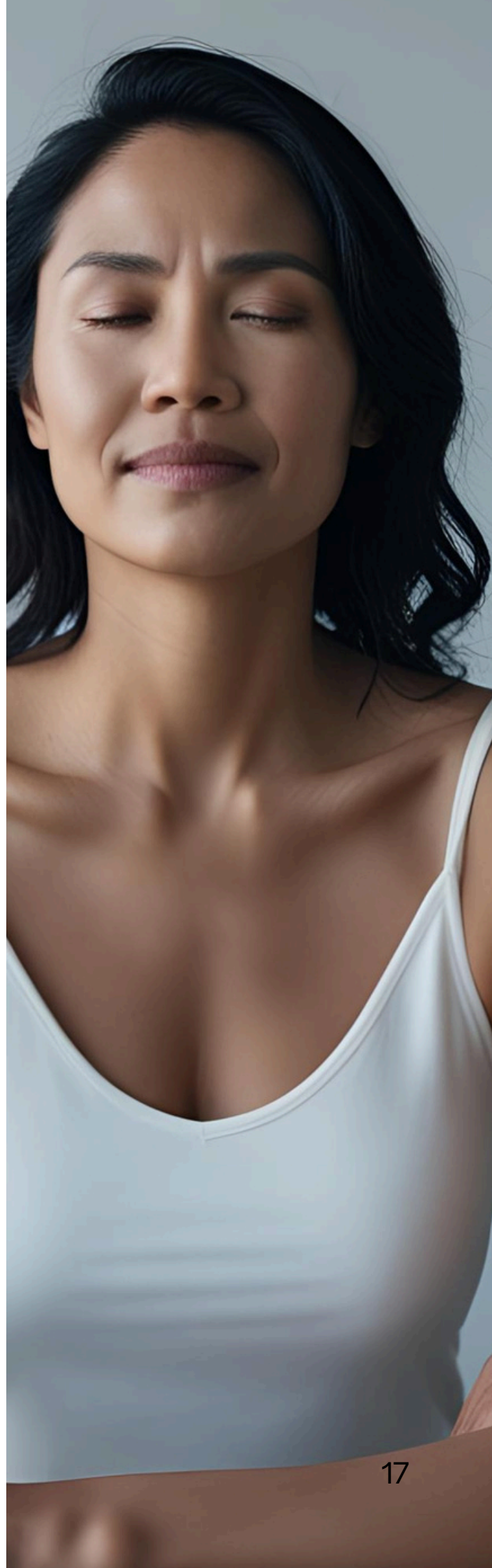
You've explored your Warrior Woman archetype.

You've learned how to nourish your brain and support your hormones.

You've reflected, journaled, and taken small but mighty steps toward reclaiming your energy.

And that... is huge.

But healing doesn't happen in a vacuum. It happens when we surround ourselves with support, accountability, and soul-level encouragement — especially during this transformational chapter of life.



HERE'S HOW I CAN SUPPORT YOU NEXT:

1:1 COACHING

Need help personalizing your hormone-support plan? I work with women just like you who are navigating brain fog, burnout, belly weight, mood swings, and more — with natural solutions and zero judgment.

[Schedule your free discovery call.](#)

EXPLORE OTHER COURSES

You've just uncovered your Warrior Woman strengths — now it's time to put that insight to work. If you're ready for a clear, actionable plan to calm the stress, reset your metabolism, and feel strong in your body again, [the Midlife Blueprint](#) is your next step. It takes everything you learned about your Warrior energy and turns it into a simple, personalized roadmap for feeling balanced and in control through midlife and beyond. And as a thank-you for diving into your archetype, you can use the code WARRIOR for 10% off your Blueprint purchase.

More Info [HERE](#)

HEAR FROM ONE OF MY CLIENTS...

"I'VE TRIED SO MANY PLANS, BUT THIS ONE ACTUALLY MADE SENSE FOR MY MIDLIFE HORMONES. REAL RESULTS, REAL RELIEF."

-LYDIA, AGE 52

FINAL THOUGHT

You are not too old. You are not too late. You are not broken.

You are becoming. And the woman you're becoming? She's powerful in a whole new way.

This is your season to reclaim your clarity, your calm, and your confidence.

And I'm honored to walk this journey with you.

With love and restoration,
Coach Shannon
Certified Integrative Health Coach
That Menopause Mentor



BONUS: WARRIOR- FRIENDLY RECIPES

Simple Meals to Support Brain Health, Hormones, and Calm Energy.

You don't have to eat "perfectly" to feel better. You just need meals that nourish your mind and body, without the burnout.

These recipes are packed with key nutrients your body needs right now:

- Omega-3s to support brain function
- Protein and fiber to balance blood sugar
- Magnesium, B vitamins, and antioxidants to reduce brain fog and inflammation

The best part? They're easy to prep, full of flavor, and designed to support busy Warrior Women like you.



RECIPE #1: BLUEBERRY ALMOND BRAIN- BOOST SMOOTHIE



Why it works:

Blueberries are loaded with antioxidants that protect brain cells. Almond butter and chia seeds deliver omega-3s and healthy fats for focus and memory, while spinach adds folate and magnesium to support clarity and calm.

Ingredients:

- 1 cup unsweetened almond milk (or milk of your choice)
- ½ cup fresh/frozen blueberries
- ½ banana
- 1 tbsp almond butter
- 1 tbsp chia seeds
- ½ tsp cinnamon
- 1 handful spinach

Instructions:

1. Blend spinach and almond milk until smooth.
2. Add the rest of the ingredients and blend until creamy.
3. Sip, smile, and fuel your brain for the day ahead.

RECIPE #2: CREAMY AVOCADO MATCHA SMOOTHIE



Why it works:

Matcha gives you a gentle caffeine boost without the jitters — and it's paired with L-theanine for calm focus. Avocado and pumpkin seeds supply healthy fats and magnesium for steady energy and mental clarity.

Ingredients:

- 1 cup coconut water
- ½ avocado
- ½ banana
- 1 tsp matcha powder
- 1 tbsp pumpkin seeds
- 1 tsp honey or agave syrup (optional)
- Ice cubes (optional)

Instructions:

1. Blend coconut water and avocado until smooth.
2. Add remaining ingredients and blend until creamy.
3. Top with chia seeds for an additional boost of fiber.
4. Enjoy your cool, green glow-up.

RECIPE #3: HORMONE- SUPPORTING POWER BOWL



Why it works:

This meal covers all the Warrior-friendly bases: protein, fiber, good fats, and hormone-supporting veggies. It's colorful, balanced, and keeps you full and focused for hours.

Ingredients:

- ½ cup cooked quinoa
- 3 oz grilled salmon or roasted chickpeas
- ½ avocado, sliced
- 1 cup steamed or sautéed greens (spinach, kale, or broccoli)
- Handful of shredded carrots or beets
- 1 tbsp pumpkin seeds
- Olive oil + lemon juice for dressing

Instructions:

Layer everything into a bowl and drizzle with olive oil and lemon. Eat it warm or cold — it's amazing either way.

RECIPE #4: VEGGIE-PACKED EGG MUFFINS



Perfect for breakfast on the go or a mid-afternoon pick-me-up

Why it works:

Eggs are rich in choline, which supports memory and brain function, plus they contain B vitamins for energy and stress support. Combined with veggies and healthy fats, this recipe supports mental clarity and keeps you going strong without the crash.

Ingredients (makes 6 muffins):

- 4 eggs
- ¼ cup unsweetened almond milk
- ½ cup chopped spinach
- ¼ cup diced bell pepper
- ¼ cup chopped broccoli or zucchini
- 2 tbsp crumbled feta or shredded cheese (optional)
- Salt, pepper, and herbs to taste

Instructions:

1. Preheat oven to 375°F. Grease a muffin tin or use silicone liners.
2. Whisk eggs and almond milk together in a bowl.
3. Stir in veggies, cheese, and seasonings.
4. Pour into muffin cups and bake for 20–25 minutes, or until set.
5. Let cool and store in the fridge for up to 5 days.

Warrior Tip:

Pair with a handful of berries or a slice of avocado toast for a complete brain-boosting meal.

RECIPE #5: COCONUT TURMERIC ENERGY BITES



A grab-and-go snack that reduces inflammation and boosts brainpower.

Why it works:

Turmeric is a powerful anti-inflammatory that supports cognitive health and mood. These bites also include healthy fats and a bit of natural sweetness for stable energy.

Ingredients (makes 10–12 small bites):

- 1 cup unsweetened shredded coconut
- ½ cup almond flour or ground oats
- 2 tbsp almond butter or tahini
- 2 tbsp agave syrup or honey
- 1 tsp ground turmeric
- ¼ tsp black pepper (to enhance turmeric absorption)
- 1 tsp vanilla extract
- 1–2 tbsp warm water (if needed to bind)

Instructions:

1. Mix all ingredients in a bowl until well combined
2. Form into small balls and place on a parchment-lined tray.
3. Chill in the fridge for 30 minutes to set.
4. Store in an airtight container in the fridge for up to a week.

Warrior Tip:

Enjoy one mid-morning or pre-workout to fuel your body and mind naturally.