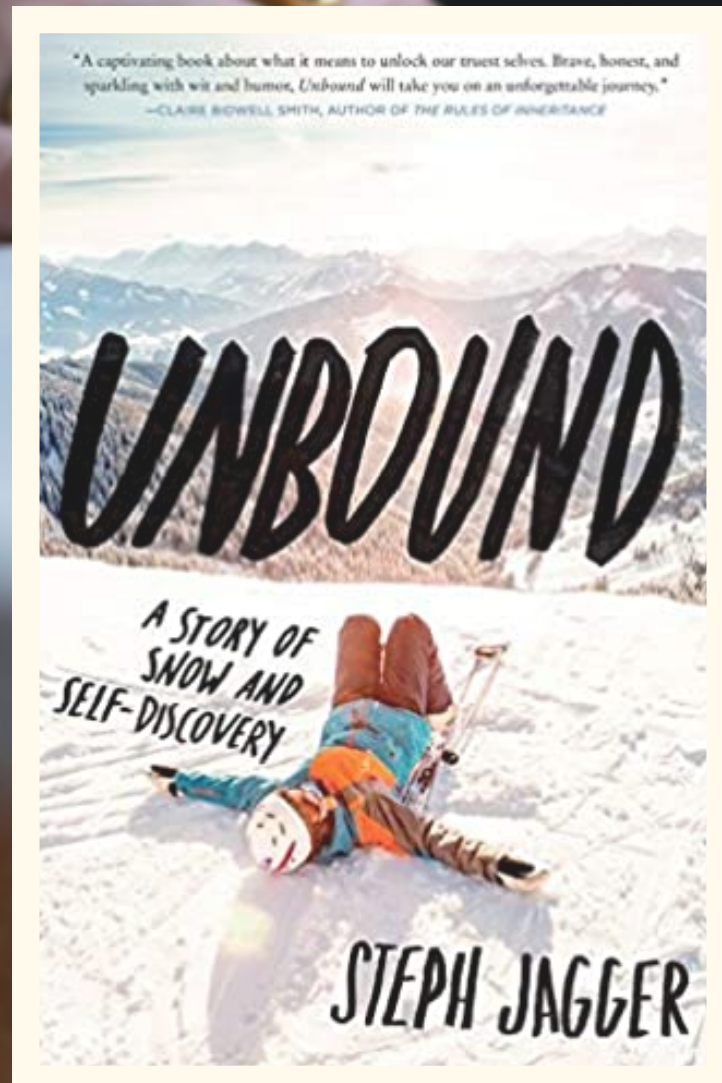




STEPH
JAGGER

A Reader's Guide

A collection of marinations and prompts to gently edge you into deeper connection with the book and yourself.



OUR TOP 10 FOR READING BETWEEN THE LINES

one

MARINATION

Before diving in, let's take inventory within: what do you feel as you look at the cover of this book? What do you notice in your body?

Deep breath.

Why did you pick up this book? Why now? What energy is here with you as you embark on turning the pages?

No "right" or "wrong" here. Simply notice.

two

MARINATION

Jagger shares about to wanting to be "rugged...man enough...good enough."

Well, dearest one, can you relate? In what circumstances do you find yourself wanting to be "one of the boys"?

What message are you sending yourself in those moments?

What message do you want to be sending yourself?

three

EXERCISE

A simple metal sign near a ski chairlift reading "Raise Restraining Device" jolted Jagger into her trip.

This week, the invitation is to notice the signs.

What signs (literal or figurative) catch your attention? Is it a bird? A flower? A song? A scent?

Slow down and notice. Use your senses and see what stands out. What elicits a reaction in your body? What tugs on the soul in a special kind of way?

Jot down what stands out to you.

After a week, look back at your list. Remember the sensations that accompany each of the signs, feel into those.

What calls to you? What do these signs want you to know?

four

MARINATION

Oooohhhwwweeee when Jagger talks about a "lifetime pursuit of blue ribbons" we found ourselves nodding voraciously.

Always chasing the next ribbon, the next checkmark on the list of life. This can be so exhausting and fueled by a unquenchable thirst for enoughness.

Let us move from the blue ribbons chase to presence; from a focus on doing to being.

Can you notice whilst you go about your day, how you BE? What energy is with you? What is your presence like? What is your physical body feeling? How about your emotional body?

Take note of patterns as they arise.



EXERCISE

Jagger shares about her mother, for whom “worry is [a] signature emotion.”

Worry can be such a sneaky emotion. Often we utilize worry as a way of expressing other, perhaps deeper, emotions.

We sometimes worry as a way of showing:

love
care
control
empowerment
fear
and more.

Let’s get curious about our worry.

Step 1: Take note of when worry shows up.

Step 2: When you notice that worry is present, get curious. Ask yourself, “what is it that I’m trying to show with my worry? Why is worry here?”

Step 3: Actively swap worry with the other, more descriptive emotion.

It might sound something like this:

“I’m worried about my presentation” is revised to “I care about my presentation, it is meaningful to me and I want it to go well.”

“I’m worried about my long drive,” is revised to “I am scared that the car will break down and I will be stranded.”

“I’m worried that my child be bullied,” is revised to “I love my child dearly and I want them to be safe and secure.”

Doing this doesn’t change the experience, but rather helps us get clearer on what we’re feeling. From there, we can step into and express and address that feeling more directly.

five

EXERCISE

Well into her trip, Jagger acknowledges that she had “shoved [her] femininity to the side.”

Living in a patriarchy means that dismissing the feminine is all too common. It takes intention to reclaim the feminine and recognize its power.

What feminine traits within you do you see as “weak”?

What feminine traits within you have you cast to the side?

Jot them down, or better yet: draw them or dance them out. Feel into these traits.

As you dance or draw, consider: how might they not be weaknesses, but rather, gifts of great power?

Six

seven

EXERCISE

Throughout Unbound there's a thread of connection to "the Universe," to spirituality.

What are ways that you nurture your spirituality?

Time in nature?

Reading scripture?

Painting?

Dancing?

Meditation?

Communion with loved ones?

Incantations and prayers said out loud?

If you are not already, let this be a gentle nudge to lean in, to prioritize your spiritual body.

eight

MARINATION

There wasn't a catastrophe that led Jagger to embark on her trip. Instead, it was boredom, a general sense of discontent, a desire for more wonder and awe.

So often, we're conditioned to rise from the ashes, which means we must first let ourselves burn. Jagger challenges this.

Plain and simple: where in your life are you looking for change? Perhaps a pang of boredom is present or a longing for more vibrancy?

Without needing to analyze or justify, jot down what calls to you.

Did ya? Good.

Place your hand over the words.

Take a deep breath.

What do you feel?



nine

QUOTE

PAGE 125

"True resilience is found in our ability to get up, to create space for a message we may not want to hear, to listen like we've never listened before, then to act on that message – even if that means changing the way we've been hurtling down our path in life for decades."

We'll just leave that here for ya, along with a dollop or ten of love and compassion.

ten

MARINATION

As we read the final pages, check in:

What has shifted?

What's different within?

What fires have been lit?

What space has expanded?

How might you honor that space? That flame? If it feels supportive, we encourage you to take a physical act to acknowledge what's happening within.

Perhaps you light a candle and say a few kind words to yourself.

Or maybe you plant a literal seed in the garden for the growth you are calling in.

Or you clean out your closet to make physical space.

Whatever you choose, do it with intention and love.

NOTES



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