

YOUR PATH TO GREATNESS

# The Being Tribal Companion Workbook

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*A guided journey into your values, your vision, and your tribe.*

by

**Rena Whittaker**

Founder, BeingTribal



B E F O R E Y O U B E G I N

# How to Use This Workbook

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This workbook is your companion on a deeply personal journey — one that begins not by looking outward for answers, but by turning inward to discover the truths already living within you.

*You don't need to fix yourself. You need to remember yourself.*

As you move through each section, give yourself permission to be honest. Permission to take time. Permission to sit with a question before answering it. There is no rush here, and there are no wrong answers — only your truth.

Each part of this workbook is built around a theme from the BeingTribal method. You'll find reflective prompts, structured exercises, and space to write freely. Use a pen, a pencil, whatever feels right. This is your book.

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## A few things to remember:

**Be self-full.** Rena uses this word intentionally. Being self-full is not selfishness — it is radical self-awareness and self-care.

**Take your time.** These exercises are designed to be revisited. Come back. Add to them. Let them evolve.

**Trust your intuition.** You already know more than you think. Let this workbook help you hear yourself.

**Build slowly.** A tribe worth having is a tribe worth cultivating. Depth over speed, always.

*Blessings, Love and Light,*

**Rena Whittaker**

## YOUR JOURNEY MAP

## Suggested Topic Order

Below is the sequence Rena recommends for your group gatherings. Each session builds on the last — from inner reflection outward to shared connection. Follow this order for the fullest experience, or let your tribe decide together.

01	Meditation, Prayer, and Gratitude
02	Exercising Your Right to Journal
03	Common Ground and Affirmations
04	Weaving Your Fabric
05	Envisioning You — Your Vision Board
06	Putting Our Heads Together
07	Making Financial Sense
08	Emotional Connection to Money
09	Painting Your Own House
10	Inside Out Strength
11	Body Movement in Baby Steps
12	Relationship Wisdom
13	Finding Your Path of Greatness
14	Starting Your New Tribe

*Your tribe is not built in a day. It is built in a series of honest, brave, intentional moments.*

## PART ONE

# Connecting with Energy

*Building your tribe begins with how people make you feel*

Before we talk about values or personality traits, we begin with something that cannot be faked — energy. When you leave a conversation feeling lighter, more optimistic, more like yourself, that is positive energy at work. When you feel drained, doubtful, or smaller than when you arrived, that is your intuition speaking.

*I am extremely sensitive to energies, so I am careful about who I spend time with. — Rena*

Rena identifies five energy types to pay attention to as you begin to think about your tribe members:

## Emotional Energy

*After spending time with this person, do you feel emotionally supported and uplifted?*

## Vocal Energy

*Does the way this person speaks — their tone, their words — add to your world or diminish it?*

## Visual Energy

*What does this person's presence communicate? Do you feel calm and welcomed around them?*

## Heart Energy

*Do you sense genuine warmth and authenticity? Do you feel safe being yourself?*

**Physical Energy**

*Does being around this person energize you, or do you feel physically depleted after time together?*

**Your Energy Reflection**

Think of someone currently in your life. Without naming them here, reflect on each energy type:

*How does this person affect your emotional energy?*

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*How does this person affect your physical and vocal energy?*

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**Your Core Values**

Values are the invisible architecture of who you are. They shape your decisions, your boundaries, and the kind of people you naturally gravitate toward. Write down at least five values that are central to who you are — and why they matter.

My Core Value	Why This Matters to Me


## Your Personality Traits

Now consider the personality traits you carry — the qualities that define how you show up in the world. These are also what you seek in others. List at least five traits that feel essential to you.

My Personality Trait	Why This Matters to Me

*Build your tribe like a stone wall, not a brick wall. Your tribal members should not all look the same. It is about how individuals make you feel when you are around them.*

### Additional Reflection:

As you look at your values and traits, notice what surprises you. Notice what you circled or wrote first. That instinct tells you something important.

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## PART TWO

# The Invitation List

*Discovering who belongs in your inner circle*

The tribe you are about to create will empower you to make transformational change in your life. This is an intimate process — not a social media following or a networking group. It is a carefully chosen circle of individuals who will hold space for who you are becoming.

*This is an intimate process and it is important to take time in cultivating your tribe.*

Use the table below to begin sorting the people in your world. You are not making permanent judgments — you are creating clarity. Who energizes you? Who leaves you feeling depleted? Be honest. No one will read this but you.

Those I Feel Empowered By	Those Who Deplete My Energy

## What Do You Notice?

After completing the table, sit with it. What patterns emerge? What surprises you? Write your reflections below.

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**Important Reminders:**

- ◆ Do not invite individuals because you think they will make you look good. This is not an invitation to a birthday party.
- ◆ If you know someone is a gossip, or someone who does not respect boundaries, do not invite them. Trust your gut.
- ◆ It is okay to already have a tribe forming. It is also okay to be starting from scratch. Both are valid.

*My next step for building my tribe:*

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## PART THREE

# Envisioning You

## Your Vision Board Worksheet

A vision board is one of the most powerful tools in the BeingTribal method. It is not about dreaming idly — it is about declaring your future with intention. You select words, images, and feelings that represent the life you are calling in.

*BE SPECIFIC. DREAM BIG. EVERYTHING IS POSSIBLE.*

For each area below, explore the questions and write what comes up. Then, when you're ready, find images that represent your answers — from magazines, Pinterest, or wherever inspires you.

### Personal Growth

*How are you nurturing your mind, body, and spirit? What does growth feel like for you right now?*

### Love

*How are you SELF-FULL — loving yourself first? How is love showing up for you, or how do you want it to show up?*

### Health

*What does your future self look like? How does she feel? What does she do differently than you do today?*

## Family & Relationships

*What do your healthiest relationships look and feel like? Who is present? What is the energy?*

## Wealth

*How is money flowing to you in the future? What does financial freedom feel like in your body?*

## Career

*Are you starting, growing, or changing your path? What does your work life look and feel like?*

## Travel

*Where are you going? What experiences are you collecting? Who is beside you?*

## Home

*What does your sanctuary look like and feel like? Describe every sense — sight, smell, sound.*

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### Anything Else

*This is your vision. What else belongs here that is uniquely, powerfully, beautifully yours?*

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### Next Steps

Once you have written your vision, find images that match each feeling and area. Cut them out, print them, or use a digital tool like Canva to build your board. Then place it somewhere you will see it every single day.

#### A note from Rena:

Consider doing this exercise with your tribe. Share your boards with one another. There is something powerful that happens when your vision is witnessed by people who love and support you.

*My commitment to my vision:*

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## PART FOUR

# Release & Renew

The BeingTribal Wish Paper Exercise

In the BeingTribal practice, we use wish paper to release limiting beliefs — what Rena calls our "Top-40 playlist" of negative messages. These are the thoughts that play on repeat in our minds, whispering that we are not enough, that we don't have enough, that change is not possible.

*These are the messages that can hold us back from our greatness. Today, we release them.*

## Step One: Name Your Limiting Belief

On your wish paper, write down a thought or belief that has been a barrier to reaching your goals. Be specific. Be honest.

*Example: "I don't have enough money to pay my bills." | "I'm not smart enough for this." | "No one really chooses me."*

*My limiting belief (write it on your wish paper AND record it here):*

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## Step Two: Write Your Affirmation

On a piece of paper you will keep, write the opposite — the affirmation that replaces the limiting belief. Make it present tense, personal, and powerful.

*Example: "Money flows to me easily and often." | "I am more than capable." | "I am chosen, loved, and deeply worthy."*

*My affirmation (write it somewhere you will see it daily):*

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## Step Three: The Release

Take your wish paper containing the limiting belief and follow these steps:

1

If you'd like, crumple your wish paper — feel the weight of that thought in your hands.

2

Smooth it out and roll it around your finger to form a circle. It will stand on its own.

3

Go outside. Light your wish paper on fire. Watch it burn quickly into ash as it rises. Say out loud: "I release you!" Feel the freedom of that moment.

*This is a beautiful exercise to do with your tribe. Let each person bring their wish paper and release together. Witnessing one another in this act creates something sacred.*

## After the Release

Reflection: What did it feel like to release that belief? What do you notice in your body, your thoughts, your sense of possibility?

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*⚠ Caution: Keep away from drafts. Not for children unless accompanied by an adult.*



Location:

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## Signed by Our Tribe:

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Name

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*The tribe you are about to create will empower you to make transformational change in your life.*

# About Rena Whittaker

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*[ Headshot placeholder — replace with Rena Whittaker photo ]*

Rena Whittaker is the founder of BeingTribal, a coaching and personal development movement built on the belief that the quality of your inner circle determines the quality of your life.

Rena's approach — rooted in energy awareness, values alignment, and intentional community — has helped thousands of individuals identify and cultivate the tribes that allow them to grow into their fullest, most authentic selves.

She is the author of the BeingTribal book and the creator of the frameworks you have been working through in this companion workbook.

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## Connect with Rena

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*Blessings, Love and Light.*

