



How to Build a *Tribe That Helps You*



Grow, Heal & Thrive



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✦ A NOTE FROM RENA

You Were Never Meant to Do This Alone

As I began talking with other women, I discovered something surprising: **I wasn't the only one.** Women everywhere were carrying enormous responsibility while quietly longing for deeper connection, support, and belonging.

That's why BeingTribal was born — built on a simple, powerful belief: **We need each other.** Not in a superficial networking kind of way — but in a meaningful, authentic, life-giving way.



A tribe is a circle of people who celebrate your wins, challenge you to grow, hold you accountable to your dreams, and remind you who you are when life becomes difficult.

You do not have to do life alone.

This guide will help you begin creating the kind of tribe that can support your growth, your healing, and your thriving — one intentional step at a time.



Rena Whittaker

Founder · BeingTribal

YOUR 10-STEP GUIDE

BeingTribal in 10 Steps

One intentional step at a time. No perfection required.

1

Your Vibe Attracts Your Tribe

Think about what you want your life to look like, feel like, and what your perspective in life is. You will attract what you think and feel about yourself. So even if you are not where you want to be, stay focused on where you are going and stay positive in your journey toward that objective. Your energy is the first invitation.

PAUSE & REFLECT

What kind of woman do you want to attract into your circle?

2

The Invitation List

Take a piece of paper and fold it in half. On the left side, write a list of people in your life that lift you up and make you feel good when you are around them. On the right side, make a list of individuals that leave you feeling exhausted or depleted. Your tribe will be built from the left side. If you don't have many people there yet — get out of your comfort zone and reach out to women you've met once or twice but whose energy you admired. The tribe you are about to create is an intimate process. Take time in cultivating it.

PAUSE & REFLECT

Who already lifts you up, even in small ways?

3

The Invitation to Dance

When you have your list, it is time to invite potential tribal members to join you. I connect with each person and say: "I am creating a BeingTribal group — it is all about empowerment and making small one-degree shifts in life to be my best self. I would love for you to be a part of it. Come to the first meeting, and if it feels good, you can decide if you'd like to join." Some people will say yes. Some will say no. And that is beautiful — because the women who show up are the ones who are supposed to be there.

PAUSE & REFLECT

Who would you call first?

4

Calling the Meeting to Order

Your first meeting should have a simple agenda with lots of interaction. Share why you wanted to create a tribe and what you hope to accomplish. Before anyone else shares, ask everyone to agree to keep these conversations confidential. This is a sacred space. Ask each woman: "If you could make a one-degree shift in any part of your life right now, what would it be?" Remind them — a one-degree shift is a baby step, not a massive leap. Once your members are set, schedule your first official Commitment Meeting to set ground rules and sign a Commitment Agreement.

PAUSE & REFLECT

What ground rules would make you feel safe to be fully honest?

5

How to Meet

Set up a one-hour private virtual monthly meeting — Zoom or in person, whatever works best for your tribe. Each month, you will focus on a new topic your tribe chooses together: meditation, journaling, finances, fitness, vision boards, relationships, faith, leadership. Tribal members can reach out between meetings when they are struggling or just need connection. Some tribes do a daily huddle just to stay anchored. Be creative. This is yours to design.

PAUSE & REFLECT

What would make your meetings feel sacred, not just scheduled?

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Sharing Wisdom

The flow of a meeting: Begin with wisdom from an outside source on the topic (brought by the monthly leader). Then each member shares what they are working on — their biggest win, their biggest challenge, and how both connect to their goal. Each woman speaks for about five minutes (use a timekeeper — everyone deserves to be heard). Close with this question from the tribal leader: "What can the tribe do for you?"

PAUSE & REFLECT

What would it feel like to be truly heard in a circle like this?

7

Sacred Meetings

Before each meeting, tribal members bring wisdom — an article, a video, a poem, a reflection — for the group to explore together. They discuss how it informed their journey, what one-degree shift they have made, and what shifts they are still working toward. Some tribal members will be stronger in one area and can share their wisdom generously. This is how a tribe becomes a school of life.

PAUSE & REFLECT

What piece of wisdom has most changed your life? That belongs in your tribe.

8

Shared Leadership

Each month, select a different tribal member to lead the group, find resources, and guide the conversation. This is one of the most powerful parts of the process. Not everyone leads the same way — and that is exactly the point. When we allow those around us to lead, we empower the group by tuning into each other in a sacred way, while allowing hidden talents, gifts, and strengths to shine.

PAUSE & REFLECT

What kind of leader do you become when others are watching you rise?

9

Your Personal Toolkit

Tools that have worked for me over many years: Meditation, Prayer, Journaling, Affirmations, Vision Boards, and a Personal Vision Statement. Remember — perfection is never the goal. Keep moving forward. Start slow. If you don't journal, write one paragraph. If you don't meditate, try five minutes. If you've never written a vision statement, try one sentence about who you are becoming. One degree at a time. The magic is in the practice.

PAUSE & REFLECT

Which of these tools calls to you first?

10

Put Yourself First

If you are creating this tribe, you may feel the pull to lead every meeting and sacrifice your own journey to enable the success of others. That is the exact opposite of what works. When you put your journey first and collaborate with your tribe, everyone grows. Do your work. Work your tools. And slowly, in one-degree shifts, everything will fall into place.

A few parting thoughts: Be gentle with yourself. This process takes time. Be honest with your tribe about what you are struggling with. Celebrate wins and losses. When you get off course — that is where the wisdom lives. Find it. Celebrate it too.

PAUSE & REFLECT

What does it mean to you to put yourself first without guilt?

*"Remember to be gentle with yourself.
Keep your shifts small.
The magic is in the practice."*



Blessings, Love, and Light,

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