
IGNITE YOUR FIRE WITHIN AND UNLEASH YOUR FULL POTENTIAL

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promise land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

In this Episode:

- The mission & purpose behind the foundation of this show: Warrior Arise! Podcast
- Connie's personal and professional journey that led her to break through her life's purpose
- How doing the inner work and reconnecting to her heart has helped her come back to life and step into her full potential
- Recognizing mindset and behavioral patterns and how shifting those negative loops can help you live freely and in greater fulfillment
- What is God's purpose for you and what are the messages behind your struggles and your breakthroughs?

Connie is a Heart Warrior. A Freedom Fighter. A Master of Breakthrough. A Coach and a Therapist. Connie has a passion for helping high-achieving entrepreneurs to break free from limiting mindsets and habits that keep them stuck in the struggle, striving, and surviving when they were made to thrive! She empowers them to Awaken their powerful Warrior within, ignite their fire, and own their inner genius. They learn how to Uncage from everything that hinders their greatness and their freedom so they can Soar in deeper fulfillment and next-level success in life and business!

Quotes from this Episode:

"I did the inner work and *everything* just increased exponentially." —Connie Jones

"If there's longing, frustration, yearning inside that you feel—it's because something *more* is calling you." —Connie Jones

"We are powerful, divine beings; we are made in God's image; we reflect God's nature, and we live for His glory." —Connie Jones

"You are here to serve the purpose that you are called for." —Connie Jones

"Warriors battle bravely for what matters most in their hearts. Ask yourself: what matters the most in your heart right now?" —Connie Jones

Resources:

Website: <https://conniejonescoach.com/>

Facebook: <https://www.facebook.com/conniejonescoaching>

Instagram: <https://www.instagram.com/conniejonescoach/>

LinkedIn: <https://www.linkedin.com/in/connie-jones-b9834111/>

YouTube: <https://www.youtube.com/channel/UCr5uQrp4eHhPhkgfPz1c9LA>

Book: [Warrior Arise! Live Bravely, Freely, and Authentically YOU](#)

Golden Timestamp:

3:02 – 04:49: Changing internally can give you the freedom to live fully & happily in this lifetime.

Bible Verse mentioned:

- **John 10:10** — The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

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