

Showgirls Life

TURN UP THE  
DIAL ON THE

*real you*

10 SHIFTS FOR PERSONAL  
EMPOWERMENT TO BEGIN  
REDEFINING YOUR SEXY





## Hello beauty!

Welcome! I'm so glad you're here.

If you're ready to get over your embarrassment and finally feel comfortable in your own skin, while amplifying and being more visible, you're absolutely in the right place.

Whether it's that:

...you've been taught that you're supposed to be seen but not heard.

...you think that you don't have time for glamour or to be sexy.

...you have given up your desires and dreams in lieu of other people's priorities and needs.

...you keep conforming to other's whims and desires in order to not rock the boat and you are absolutely exhausted and burnt out.

...or something entirely different...

I've got you.

This guide is short. (I know you're busy and are looking for a quick sense of relief.) And it's designed to remind you just how much power you have for creating the life you've been dreaming of.

All of these shifts I share here are based on my real-life lived experiences and personal successes.

It's also designed to give you space to make a shift in each area as quickly or slowly as you feel called so that you no longer feel that you have no control or power in this life that you are currently living. (You are not behind, stop thinking that you are!)

Plus, if you've been feeling like a shell of yourself for awhile now, this guide acts as a gentle reminder that even giving yourself permission is a practice and it takes time to get used to giving yourself permission to make a comeback and go after the life you desire.

You in?

Awesome! Let's go!

**"It's ok to want what you want."**

**– Athena Patacsil**

# #1

## I WISH I COULD CHANGE

How many times have you asked yourself why you keep doing things you know you shouldn't do. You have tried years of therapy, coaching, journaling, etc. but still seem to repeat old patterns and not seem to gain traction on goals. The first step is giving yourself permission to change. Then the change becomes easier. Ready to shift? Try the prompts on yourself to feel the power of **gaining momentum on the changes you desire**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to change how you *behave*.
- You have my permission to act *differently*.
- You have my permission to be *different*.
- You have my permission to change your *beliefs*.
- You have my permission to change *who you are*.
- You have my permission to *shift who you are*.
- You have my permission to *shift your mindset*.

# #2

## I WISH I COULD TRY NEW THINGS

How many times have you heard "no" in your life? Did you start to believe it? Even well-meaning people in our lives are guilty of tricking us into erecting barriers to our dreams. Those "nos" deprived us of our drive to pursue our dreams. Ready to shift? Try these prompts below to feel the freedom to **try new things**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *try new things*.
- You have my permission to *be different*.
- You have my permission to *do things differently*.
- You have my permission to *do things the way you want to*.
- You have my permission to *follow your dreams*.

CHANGE  
STARTS  
WITH YOU

# #3

## I WISH I COULD WEAR THAT!

Have you ever wanted wear something that you thought you couldn't "pull off?" Or wanted to wear something that others deemed as inappropriate or out of style? You can create new truths for yourself and what you wear just by granting yourself permission. Ready to shift? Try these prompts below to feel the freedom to **wear what you want to wear**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to wear *red lips, lashes* and *heels* everyday.
- You have my permission to wear clothing that makes you feel *confident* and *sexy*.
- You have my permission to be *fancy*.
- You have my permission to be *glamorous*.
- You have my permission to wear *fancy clothes*.

# #4

## I WISH I COULD PLAY ALL DAY LIKE I USED TO

How many times have you said this in your adult life? When did we stop being ok with fun and playing? I have my ideas, but for now, I'd like to invite you to allow more play into your life. Ready to shift? Try these prompts below to feel the freedom to **add more fun to your life**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *be funny*.
- You have my permission to *have fun again*.
- You have my permission to *be silly*.
- You have my permission to *be irresponsible*.
- You have my permission to *think of your happiness first*.
- You have my permission to *enjoy life*.
- You have my permission to *play*.

GET  
OUTSIDE

# #5

## I WISH I DIDN'T HAVE TO DO THIS!

Have you over-committed? Are you on the brink of burnout and feeling trapped between a rock and a hard place? Recovering high achievers often fill their plates with too much, "I can add one more thing!" Forgetting themselves and their own wellbeing in the process. Guilty over here!! The real truth is that we have the power to say no to others to say yes to ourselves. Ready to shift? Try these prompts below to feel the freedom to **quit**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *quit*.
- You have my permission to *quit what is no longer working*.
- You have my permission to *stop people-pleasing*.
- You have my permission to *quit this thing that is not for you*.
- You have my permission to *say no to them to say yes to you*.

# #6

## I WISH I COULD DO SOMETHING DIFFERENT

Sometimes, we get into something that we desired so much and then we stopped liking it. Whether it be a job, a relationship, a business model, or a way of being. It is absolutely ok to be done doing something one way to shift to something that works better for you. Ready to shift? Try these prompts below to feel the freedom to **change a situation or perspective**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *end this relationship*.
- You have my permission to *leave this job*.
- You have my permission to *pivot*.
- You have my permission to *shift your identity*.
- You have my permission to *do this the way you want to do it*.
- You have my permission to *make a comeback*.

DOING  
LESS TO  
ACHIEVE  
MORE

# #7

## I CAN'T GET HURT AGAIN

One of the hardest things about relationships are the endings. The next hard thing is starting again. Our hearts can be so fragile after a breakup or the loss of a lover, pet or friendship. The first step to moving on is not making time and space—it is granting permission. Ready to shift? Try these prompts below to feel the freedom to **fall in love again**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *love again.*
- You have my permission to *fall head over heels.*
- You have my permission to *open your heart.*
- You have my permission to *connect with them more deeply.*
- You have my permission to *adopt a new pet.*
- You have my permission to *find a new friend.*

# #8

## I WISH I HAD SAID NO

Again, you may have over-booked or over-committed. The trick to changing this reaction is to identify your values and priorities and defend them with boundaries. But, as you already know, giving yourself permission to make a change starts inside you. Ready to shift? Try these prompts below to feel the freedom to **set boundaries**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *say no.*
- You have my permission to *prioritize your health first.*
- You have my permission to *care about how you feel.*
- You have my permission to *rest and stop overworking.*
- You have my permission to *set a deadline.*
- You have my permission to *take a nap.*
- You have my permission to *change your priorities.*

FALL IN  
LOVE  
WITH YOU

# #9

## I AM TOO SHY/NOT OUTGOING

Do you wonder why it is so easy for others to shine their light and share it with the world? They may have not experienced some of the things that have allowed one to dim their light. Dimming one's light is a choice. It is an agreement one made at an early age, regardless of the circumstances. Ready to shift and shine? Try these prompts below to feel the freedom and safety to **be seen and heard**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *be seen and heard.*
- You have my permission to *be powerful.*
- You have my permission to *be strong and outgoing.*
- You have my permission to *shine.*
- You have my permission to *inspire others.*
- You have my permission to *find your voice.*
- You have my permission to *take your power back.*

# #10

## I WISH I COULD BE THE REAL ME

We live in quite a powerful time right now. The fringe is growing larger and more diverse as people are finding their voices, and feeling safer to be seen and heard. But just because tolerance and acceptance are becoming mainstream, doesn't mean that all have made the shift towards authenticity and depth. Ready to shift? Try these prompts below to feel the freedom to **be the real you and go deep**.

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**Say this to yourself:** (insert the words that feel best to you.)

- You have my permission to *be real.*
- You have my permission to *say what you really feel.*
- You have my permission to *honor your truths.*
- You have my permission to *connect on a deeper level.*
- You have my permission to *be you.*

AMPLIFY  
YOU



## Let's Review

If you want to enjoy the simplicity of creating a life you love and amplifying you in the process, give yourself permission to:

1. Gain momentum on the changes you desire
2. Try new things
3. Wear what you want to wear
4. Add more fun to your life
5. Quit
6. Change a situation or perspective
7. Fall in love again
8. Set boundaries
9. Be seen and heard
10. Be the real you and go deep

Thank you for coming on this journey with me. I look forward to further supporting you in finding your light again and shining it brightly!!

XOXO!

Athena

“It’s time to love yourself enough to make the changes you desire.”

– Athena Patacsil





## Who Created This?



### Hey! I'm Athena!

I'm a former Las Vegas Showgirl who inspires women to add more glamour to their daily lives. I help them feel sexy, confident, and feminine so that they can have more fun.

After hanging up my dancing shoes in Las Vegas in 2005 as a Principal dancer in Donn Arden's Jubilee!, I spent the next 15 years building a family, pursuing a graphic design and marketing career then ultimately finding myself back in the performing arts through burlesque.

Through performing burlesque, I was able to identify ways in which women hold themselves back in life and their own creative expression. In 2018, I turned my passion into a business and launched

the Showgirls Life site to help inspire women to express themselves creatively. Inspiring women to take up more space in a system that was set up to keep them small is the ultimate mission of Showgirls Life.

I have spent the last decade fine-tuning my own dial of amplification in order to inspire women (and my children!) to self-express and find their own vision of sexy.

I currently reside in Denver, Colorado with my life partner, Professor Phelyx and my two daughters, two mannequins and nearly a dozen Showgirl costumes I've designed and constructed.

## What's Next?

### Eager for more glamour?

Make sure that you add [news@showgirls.life](mailto:news@showgirls.life) to your address book so you get the sparkly newsletter filled with inspiring stories, lessons from this Showgirl's Life, notes of encouragement, and tidbits of ways you can tap into glamour and fully self express. I'll also keep you up to date on the latest special offers.

### [Dive Into My Sparkly World!](#)

Follow the link above to be taken to a collection of blogs, videos and podcasts to binge. Discover more about the work I am doing in this world, Showgirl history, costume making and how to get your sexy back. I'm so glad you're here!