

# SPIRIT ANIMAL GUIDE:

tiger



## SYMBOLISM:

Tiger represents **personal power, courage, discernment, and instinctual wisdom**. It carries the energy of strength that is self-contained, power that does not seek approval, attention, or control. Tiger teaches you to trust your inner authority.

Its presence reminds you that true confidence comes from alignment with your instincts and the courage to act when the moment is right, not from force, fear, or constant movement.

Tiger also symbolizes boundaries and sovereignty.

It knows when to step forward and when to remain still, honoring both action and restraint as expressions of strength.

## WHEN IT APPEARS:

Tiger often appears during times when you are being asked to:

- Trust your instincts without overthinking
- Step into leadership or visibility in your own way
- Reclaim confidence that has been dimmed by doubt or external pressure
- Honor your boundaries and personal space

It may show up when you are navigating fear, self-doubt, or moments that require you to stand firmly in who you are, without apology.

## WORK WITH THIS ENERGY:

- Connect with your body and breath to feel grounded confidence
- Practice listening to instinct before logic alone
- Take deliberate, well-timed action rather than constant effort
- Strengthen boundaries that protect your energy
- Notice where you are giving power away instead of owning it
- Cultivate stillness as a source of clarity, not avoidance

## REFLECTION:

- Where am I being asked to trust myself more fully?
- Where might I be holding back my power out of fear or conditioning?
- How can I embody strength that is calm, clear, and self-directed?

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