

THE SIGMA

2025

*Embarking on your own path, moving
at your own pace, making bold moves
and memories to last in the sands of
time. Your soul is exploding, daring you
to make waves. Make waves dear
Sigma, make waves. I promise, the
waves are the best part.*

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the results
are in!

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A restless feeling that just won't quiet?

Knowing there is more to life but find yourself stuck in the "cookie cutter" lifestyle, craving more. Know there is more to life but not sure where it is or how to get it. Knowing there is magic to life but aren't sure how to activate it.

Yeah I've been there.

Let me tell you a secret: the knowing, the magic... it's within.

You already have it inside you. As a child you had big dreams. The possibilities were endless.

Do you remember?

But then "real life" happened and we shape-shifted into the boxes provided for us. But your dreams never went away. They hid for a while, biding their time. Waiting for you to find them again.

The Sigma

Similar to the Alpha, Sigmas have a confident, "all eyes on me" energy that holds attention when they walk into a room. They are also a bit of a shape-shifter in that they can fit into any social situation- content to rule the room but also content to sit back and let others lead when they feel it's right or when they want to reserve their energy.

Sigmas do not follow the "rules" or trends, preferring to do what they want and keeping out of the boxes of society. They embark on their own path, moving at their own pace, making bold moves and memories to last in the sands of time.

It's a lot but you've been working hard to make yourself the main character in your own story. To ditch societal norms, leave behind the fears and limiting beliefs; forgive yourself for past mistakes or for not taking opportunities that came your way.

You're ready for more. But aren't 100% sure on how to get there, not 100% sure on what exactly it is you want- you just KNOW that you want more. You are ready to let your fire roar. You know you have something powerful inside you, and you're starting to understand how to let it blaze without fear of burning out. You've worked through your doubts and are making bold moves toward your goals. Keep leaning into this energy and continue to harness it in ways that align with your heart's desires.

Your next step? Focus on refining your direction to make sure your wildfire is going toward something that truly lights you up.

Sigma, I see you. I've been you.

Confused about where you "fit" in society. Told you're an extrovert? An introvert? Or you would be great for ***this*** and ***that***... **All the while knowing deep in your heart that you don't belong in any of those boxes.**

I see you. I've been you.

Ready and willing to make bold moves but scared to be outside of the "norm". "You should", "You need to"... "I don't understand", "That doesn't make sense"... **Meanwhile your soul is exploding, daring you to make waves.**

Make waves dear Sigma, make waves.

I see you. I've been you. And I promise, the waves are the best part.

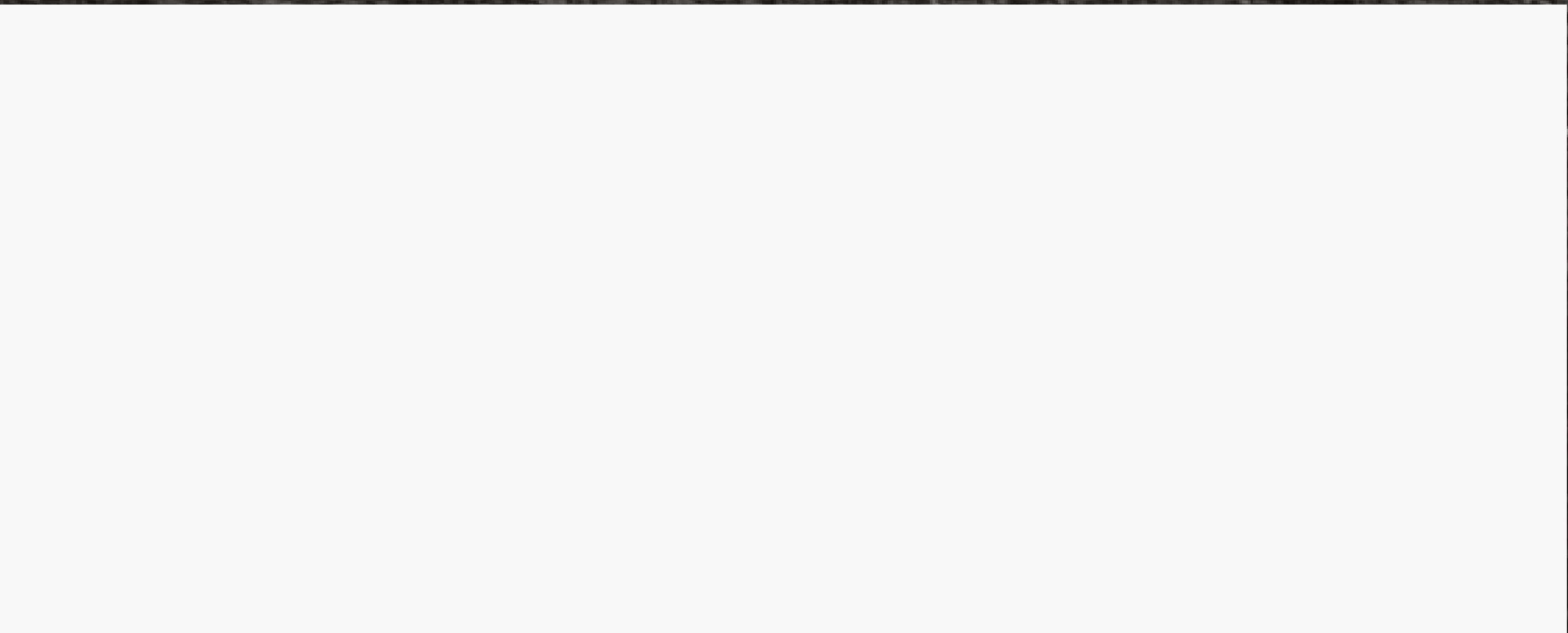
01. What do I want to stop apologizing for? I think about the things I've apologized for in the past. What would it look like if I stopped apologizing for them? How would it change how I see myself and my confidence?

02. What would I do if I knew I couldn't fail? If I imagined there were no limits or risks, and I couldn't fail, what would I pursue? What's been holding me back from taking that first step toward it right now?

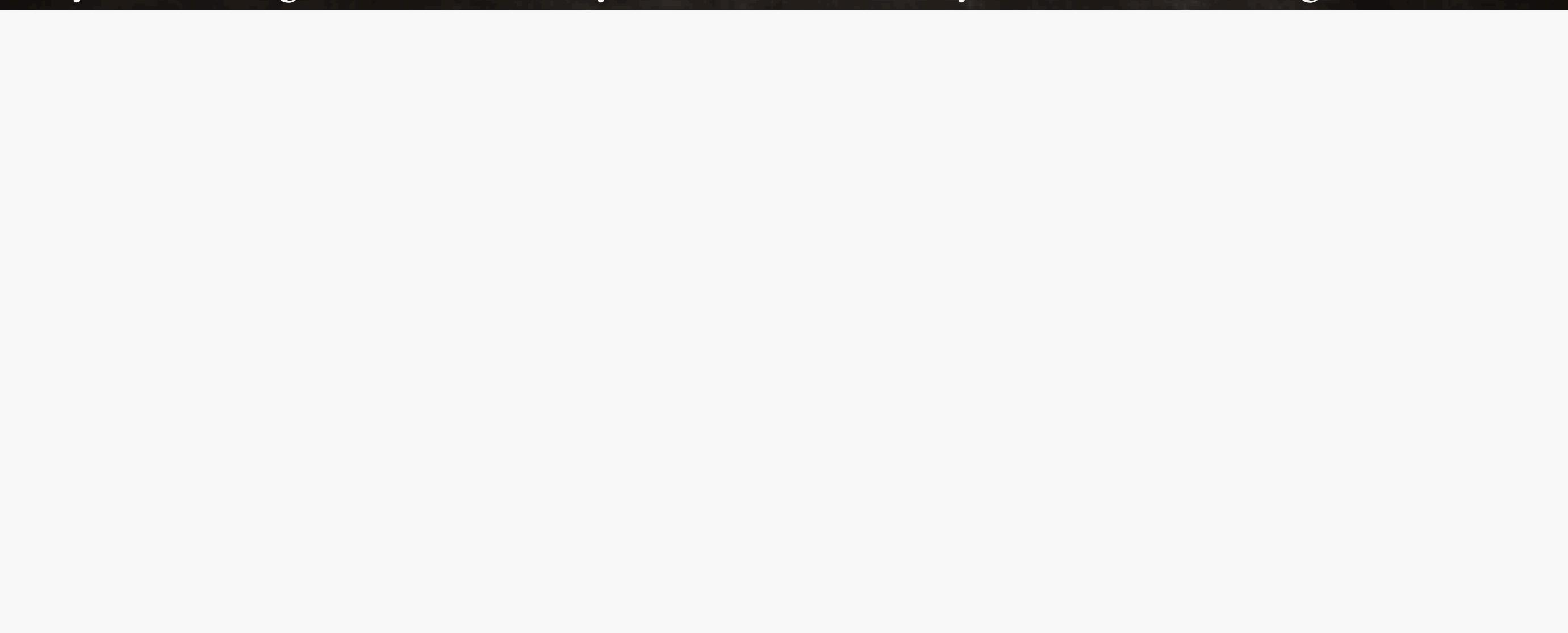
03. What is one area of my life where I've been holding back, and why? Where in my life have I been playing small? What's been holding me back —fear, doubt, other people's opinions? How would it feel to fully step into that space and take action?

04. What strengths do I tend to overlook in myself? What strengths do I have that I don't always recognize or appreciate? How can I start to lean more into those strengths and trust in them more fully?

05. What does it mean for me to be “in my power”? What does being in my personal power look like to me? When do I feel most aligned, confident, and in control? How can I bring that energy into my life more often?

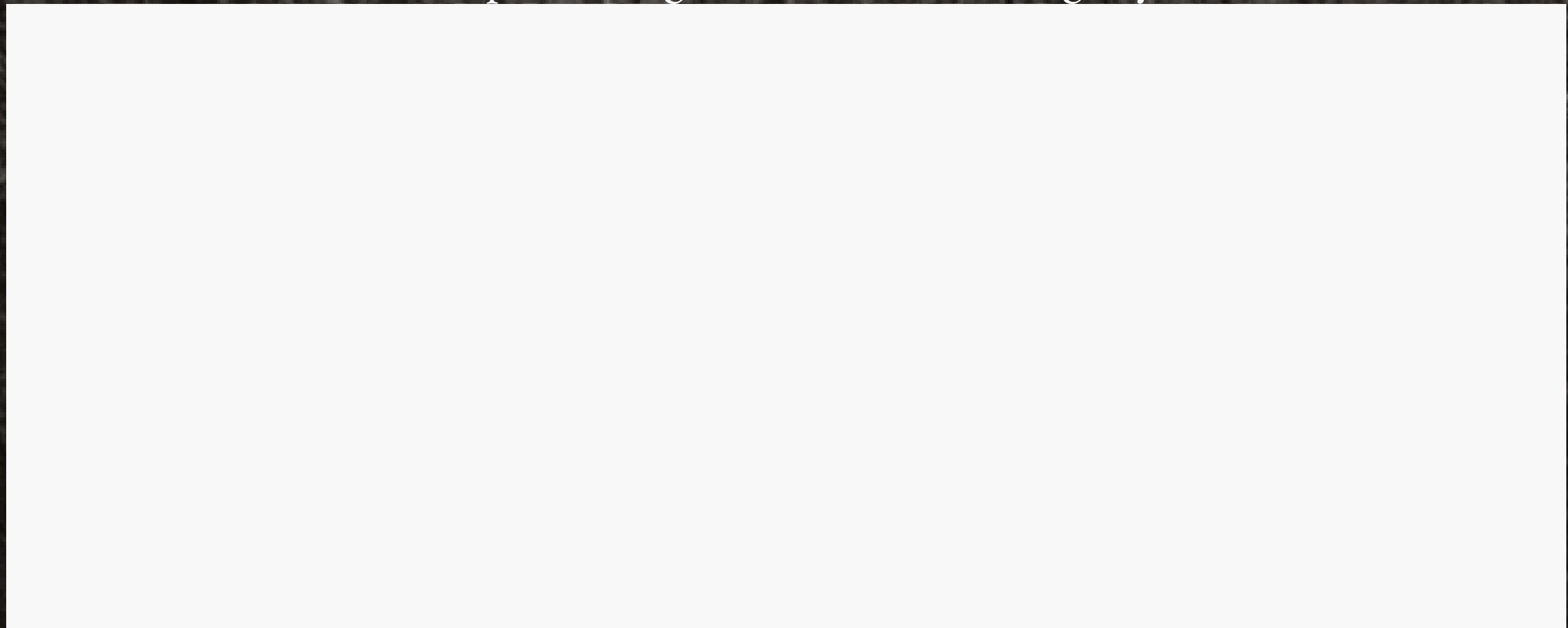


06. What would happen if I trusted my intuition completely? When have I ignored my gut feeling in the past, and what was the outcome? How would my life change if I trusted my intuition in every decision moving forward?

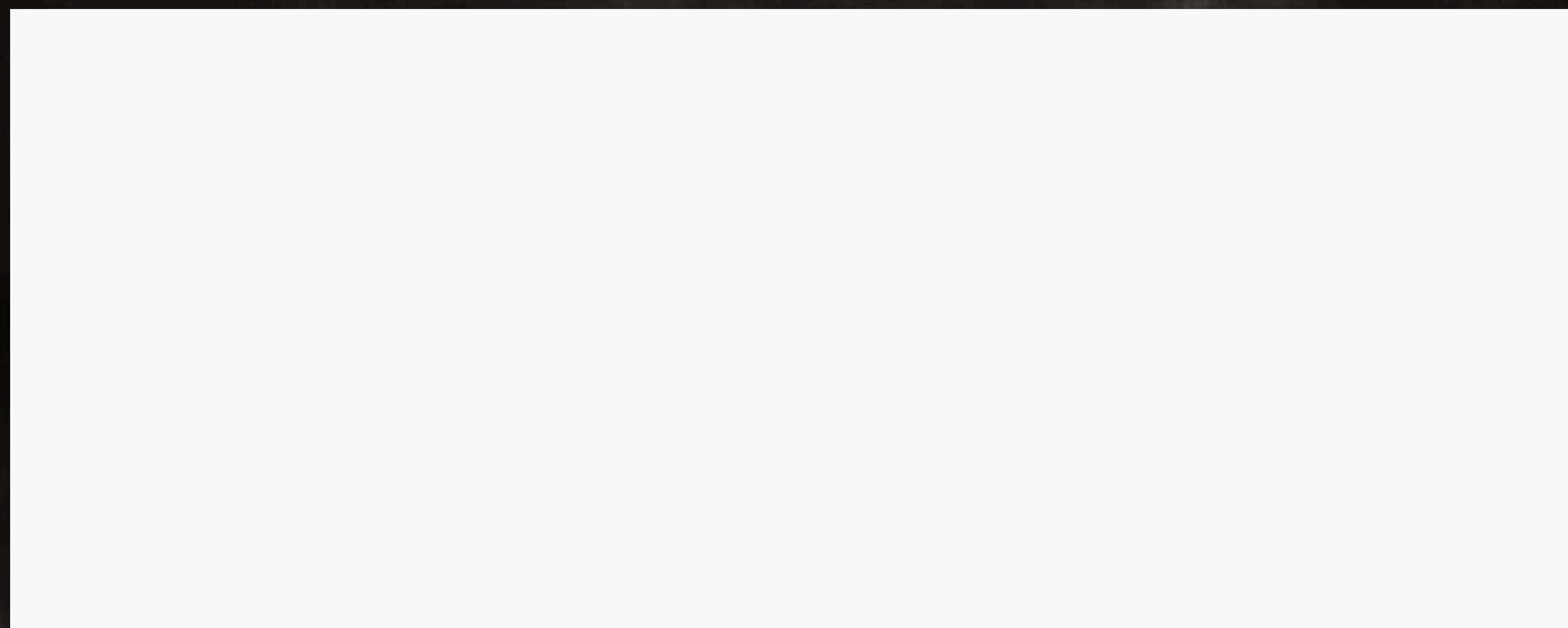


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07. How can I start showing up for myself in ways I've been avoiding? Where in my life have I been neglecting my own needs or desires? What small changes can I make today to show up for myself—whether it's setting boundaries, practicing self-care, or chasing my dreams?



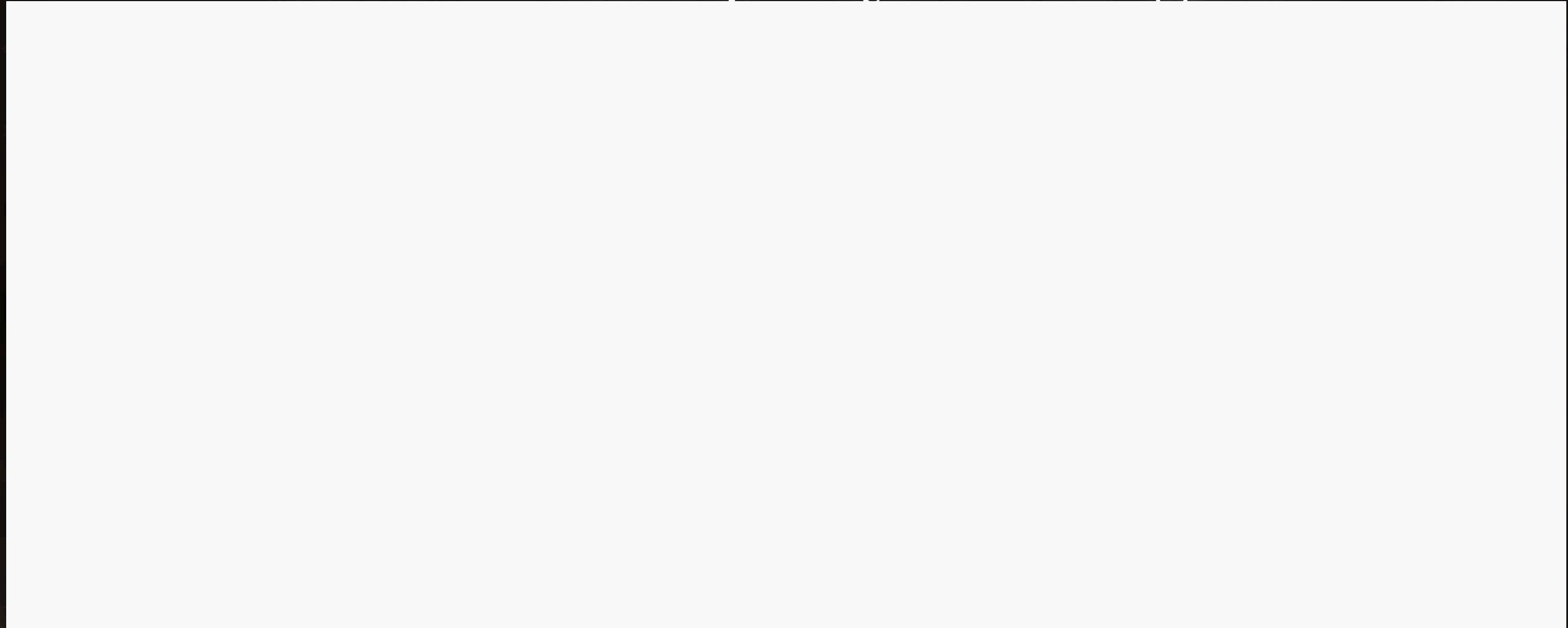
08. What am I most proud of about myself right now? What accomplishments, big or small, am I most proud of at this moment? How can I use this pride to fuel my next steps and continue moving forward with confidence?



09. What limiting beliefs do I need to let go of in order to move forward? What beliefs do I hold that keep me stuck or hold me back from reaching my potential? What would my life look like if I let those beliefs go and embraced a mindset of growth and possibility?



10. How can I take my power back from situations or people who have drained me? What situations or relationships have I allowed to drain my energy or take away my power? How can I begin to take my power back from those influences and redirect it toward my own growth and happiness?



11. What would it look like if I fully embraced my own potential, without holding back? If I let go of any doubts or fears and stepped into my fullest potential, how would I show up in the world? What bold choices would I make, and how would my life change if I started living with that kind of energy every day?

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Her soul spoke to her
Softly whispering
"Keep going. We're almost home."

"How will I know?" she said

When the stars are a little brighter
The water is a little bluer
When the mountains are a little higher
And the birds sing a little louder

When you feel nothing
But love and peace
You'll be home.

Next Steps

This is your moment—your awakening, your invitation to step deeper into the life that's been waiting for you.

What you've uncovered in this quiz isn't just insight; it's a call to action. Awareness is the first spark, but transformation happens when you choose to move forward with intention.

That's where *Storyteller* comes in—a path designed to guide you through this next chapter with depth, clarity, and embodiment.

You are the storyteller of your life...

For too long we've been told who we are, how to be. We've been told our place in the world, what to think, and what and who to believe.

Never have we been taught to go within. To **listen to our innate wisdom, follow our truth, connect with our being. To write our own stories.**

Now is the time.

Storyteller is how you become the author of your life. How you become the one holding the pen, writing from a place of desire.

Your next step is just ahead—are you ready to claim it?

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