



DAY 1 WORKBOOK

7 DAY

Divine *Feminine* Archetypes

CHALLENGE

The Maiden

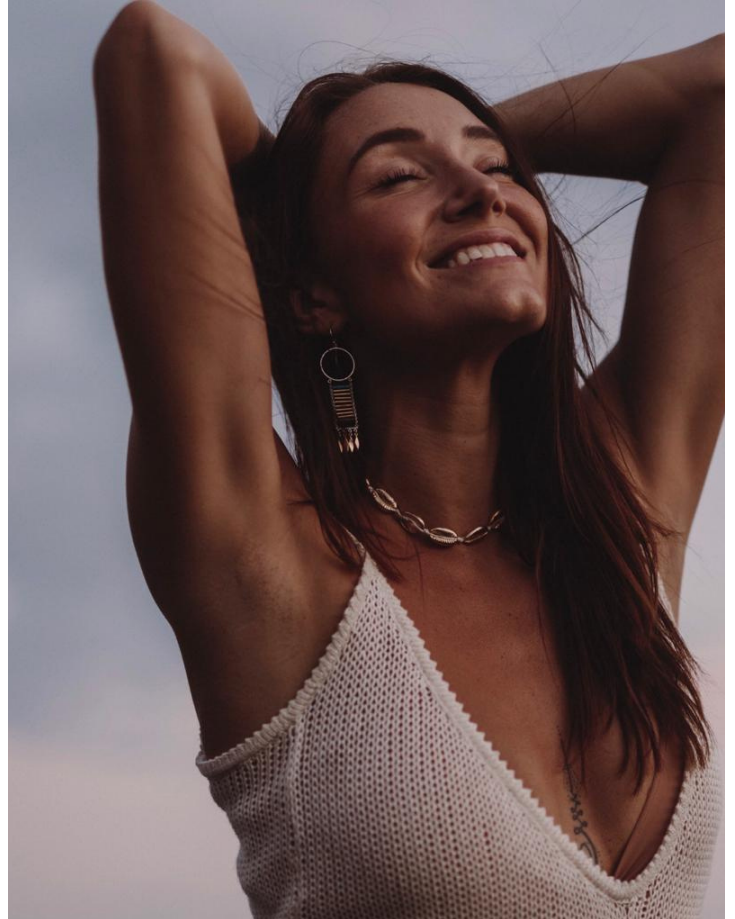


Hey there, Goddess - it's Mel

In case we've not met before, here's a little bit about me...I'm a double Aquarian, and a Pisces Rising, who loves to travel, dance, act, practice yoga, read books, learn new things and make the most out of every day. I'm obsessed with personal growth, self-love and all things being a woman. I've spent the last 5 years helping women:

- ☾ Heal their relationships with food and their bodies with my two best-selling books (The Goddess Revolution and Hungry for more) and inside my program, Intuitive Eaters Academy
- ☾ Love themselves deeply and discover a new purpose in their lives with my annual Self Love Summit
- ☾ Become sexually liberated and have deeper, more soulful and connected relationships with the content I create over on my Instagram (@iammelwells) and upcoming program, Alchemy of Sexuality.

.I am so excited to start this journey with you!



Here's what to expect over the next 7 days...

- 📺 7 Video Trainings and accompanying Workbooks for Each Archetype including tools and practices for you to takeaway
- 📅 7 Days of Challenges to help you Evoke and Embody each Archetype!
- 📺 7 Livestreams to Deep Dive into Each Archetype inside our Facebook Group
- 👩‍🦰 A Fabulous Online Community to Share your Discoveries with!

The work you are about to do is so powerful...

Working with this Jungian tool is going to awaken a connection to yourself that you may not ever have harnessed before. Understanding your divine makeup will support you in balancing your life, gain more self awareness and consciously work with your shadow self, rather than push Her away.

Over the next 7 days, you are going to have practices, knowledge and understanding of your power within that you can use to achieve your goals, build meaningful relationships and lead an empowered life - all by simply getting to know yourself that little bit better.



This Week's Schedule

Be sure to pop these dates somewhere you know you can't miss 'em!

8:00am

Head to your inbox... you've got mail! This is where you will find your workbooks and videos each day.

8:30am

Open up that workbook gorgeous, juicy journaling prompts await!

12:00pm

Check in with the Facebook Group, there's so much cosmic conversation going on in there that you don't wanna miss.

2:00pm

Have you been posting about The 7-Day Divine Feminine Archetypes Challenge? Remember there's a \$777 scholarship to The Goddess Collective up for grabs just for sharing how much you're LOVING this work!

5:30pm (BST)

9:30am (PST)
12:30pm (EST)

Join Mel inside our exclusive Facebook Group or Instagram Live for a deep dive into our daily work.

8:00pm

Think about how to put today's lessons into practice. What goals need setting? How can you apply more self-care to your life? What key things have you learnt today? Journal them down and sit with the answers in meditation.

The Maiden

Qualities of The Maiden

She represents innocence, playfulness, enthusiasm and is ready to take on the world.

How to Embody The Maiden

So imagine that enthusiastic, youthful and vivacious energy that's blooming inside you right now. Would she want to sit around and relax? NO! This is the time for you to make a plan, get creative, be assertive - play with your options! Don't waste this opportunity to consciously enjoy your time with The Maiden.

The Shadow Side of The Maiden

The Maiden can be naive, a people pleaser, someone who tends to mould herself into what others want her to be. She may be co-dependent and as a result, is easily drawn into unearthly relationships.

Mantra to help rebalance Maiden energy:

Life is not happening TO me, it is happening FOR me and my greatest good.



8 Signs your Maiden is out of balance or there is a wound within your Maiden archetype.

1. You often find yourself people pleasing
2. You feel as though you are waiting for someone to make things better, for someone or something to save you.
3. Your innocence or naivety sometimes gets you into painful situations or consequences
4. You sometimes act or speak without thinking of the consequences of your actions
5. You struggle to say NO because you don't want to upset others
6. You care a lot about what others think of you
7. You often find yourself in victim mentality ("why me?")
8. You allow everyone else to make decisions for your life.

Ways to rebalance your Maiden energy

Invoke more of the Queen archetype; set clear boundaries, embody your sovereignty, practice having a strong NO.

Invoke more of the Huntress archetype; create more structure and discipline, set yourself goals, strive for more independence and learn where you and others differ.

Invoke more of the Mother archetype; practice having more responsibilities and taking care of others needs as well as your own.

Take responsibility for your own life and your own circumstances.

Practice trusting your intuition and having faith in your own abilities.

Embrace change and stepping outside of your comfort zone.

Homework

How do you understand The Maiden archetype?



Where is this archetype showing up for you right now in a positive way?

Where is this archetype showing up for you right now in a negative way?

List 3 ways in which you can work to rebalance or nurture this archetype:

1.

2.

3.

Homework Task

Share your answers above with the group, in a post inside the [Facebook Group](#), or share what you're doing to work with The Maiden archetype today within your post on Instagram!

Remember, if you're taking part in the competition to win some AMAZING prizes, tag me in the post on Instagram ([@iammelwells](#)), and use the hashtag [#ArchetypesChallenge](#) so we can easily find your shares!