



LEAD
LIKE A
Queen
• 5 DAY TRAINING •

DAY ONE

Evoking The Queen



THIS WEEK'S SCHEDULE

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

6:00am

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

8:00am

Open up that workbook, Queen, knowledge and homework awaits!

12:00pm

Check in with the Facebook Group and share what you're learning today. Be sure to share your homework answers to the Facebook Community to be in with a chance of winning Friday's live coaching session with Mel.

4:30pm GMT

8:30am PST
11:30am EST

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

8:00pm

Think about how to put today's lessons into practice. The rest up, there's more magic and mastery to come in the morning!

Day 1: Evoking The Queen

How it looks to embody the Queen:

1. Knows her worth
2. Has a strong vision and executes it
3. Is a pioneer for a better world
4. Leads her people and has their trust
5. Is not afraid to be SEEN
6. Has a team who help her
7. Invests in the best guides and mentors because she knows SHE is her best asset and investment
8. Stands unapologetically in her truth and in her power
9. Has clear boundaries, is not available or accessible to everyone
10. Trusts her uniqueness and slays in her own lane
11. The Queen believes she is on a DIVINE PATH laid out for her by GOD.



How does this show up in entrepreneurship?

If you are NOT in your Queen... here's what happens:

1. You don't know your worth, so you don't charge fair prices for your services as you don't believe in yourself
2. You don't know what your vision is, OR, you have a vision that feels a million miles away because you aren't taking big steps towards it
3. You aren't connected to your WHY for the world, you hit plateaus, feel a lack of motivation
4. You're afraid to show up for your people because of your own commitment issues, your imposter syndrome, and fear of failure and not enough-ness
5. You're afraid to be visible online, afraid of other people's judgements so keep yourself hidden
6. You're trying to do everything alone because you're afraid to let go, or think you are lazy if you ask for help
7. You don't invest in yourself and try to cut corners and get quick fixes, you want to charge high but aren't prepared to do it for yourself
8. You don't speak your truth as you're too afraid of what others will think
9. You have no boundaries and feel guilty if you don't help everyone
10. You copy what everyone else does instead of finding your unique flavour
11. You're not connected to your divinity or spiritual path.



Rate yourself 1-10 on all of these. What did you get?

PICK ONE of the below options that you think you most need to work on, then take an action step.

How do I embody the Queen in my life?

How do I embody the Queen in my business?

Where do I NOT show up as the Queen in my life?



Where do I NOT show up as the Queen in my business?

3 action steps I could take to integrate the Queen are:

1.

2.

3.



Remember: If you're looking to win the opportunity to have a Live Coaching session with Mel on Friday, you must complete all the homework, be interested in joining The Queendom Mastermind, and message Mel on Instagram (@iammelwells) to share why you'd be the perfect candidate. Good luck!

P.S. Today's Live Stream on Evoking The Queen will take place at 4:30pm GMT // 8:30am PST // 11:30am EST inside [the Facebook Group](#). See you there!