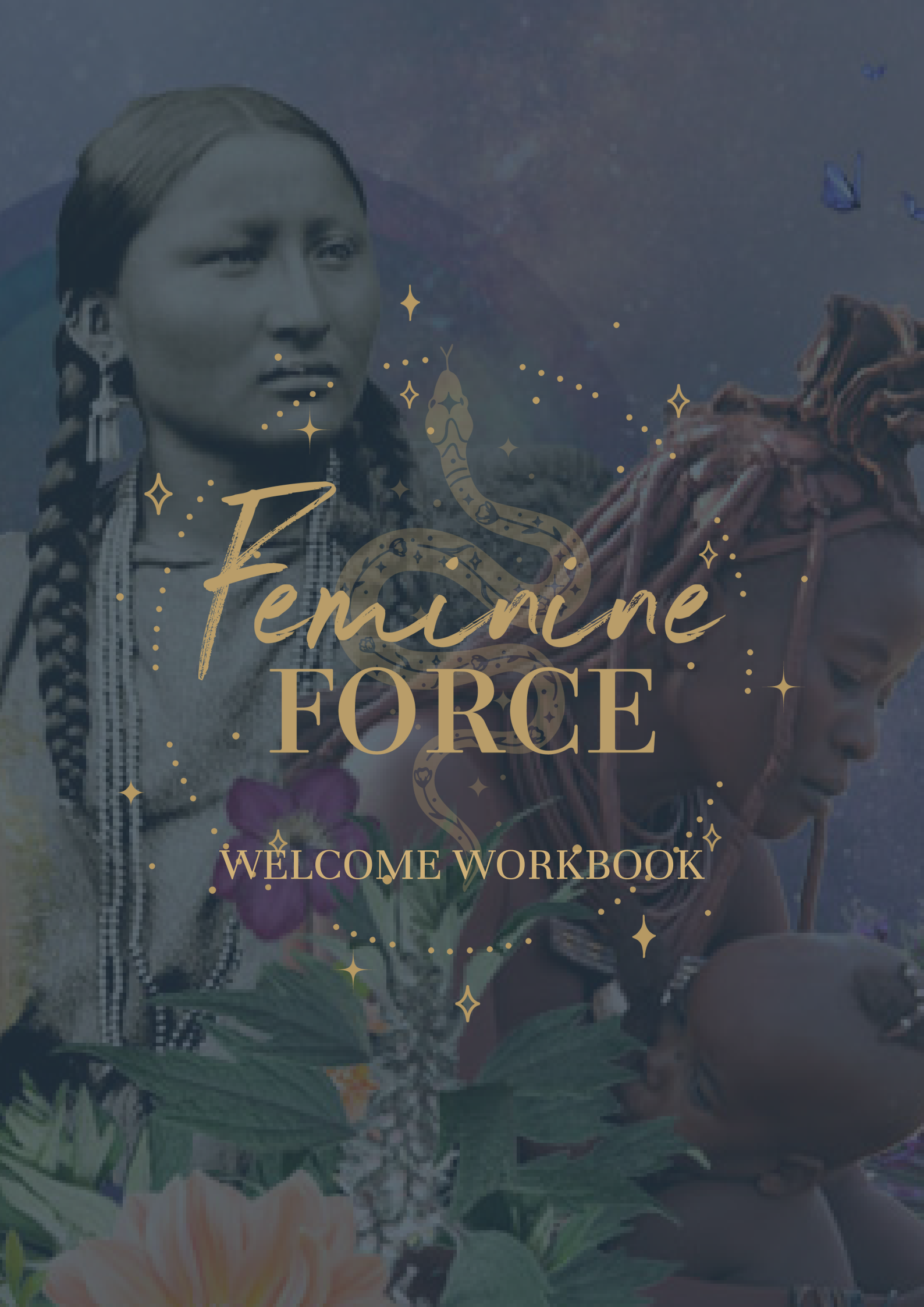


The background of the image features a woman with long braids on the left and a woman with a headwrap on the right. A stylized illustration of a snake with a patterned body is coiled in the center. The entire image has a dark, muted color palette with a semi-transparent overlay. The text is in a light, golden-yellow color. There are decorative elements like stars and dots scattered around the text.

Feminine FORCE

WELCOME WORKBOOK

Welcome to Feminine Force!

This is your welcome workbook; a chance for you to begin exploring your relationship with the mysteries of the Divine Feminine.

Pour yourself a hot drink, light a candle, put on some background music, and let's begin.

When you hear the word "feminine", what comes up for you? How does it make you feel?



How would you describe "feminine"? What does it mean to you?

Would you say you have a stronger relationship to your masculine energy than your feminine energy? If so, how does this show up in your life?

List 5 qualities you possess that are more masculine energy.

1.

2.

3.

4.

5.

How does your masculine energy serve you?

MEL WELLS 2019



Who do you know, that represents and embodies this archetype well? (Can be friends, celebrities, people you follow online)

If you were more fully embodied in this archetype, how might you live differently? What are some things that may change?

Well done gorgeous! You've just taken the first step in identifying where the journey will begin for you inside Feminine Force. Keep these answers safe so that you can return to them at the end of the program and see how far you've come. And remember to mark June 1st in your calendar when we officially begin the container! I can't wait.

