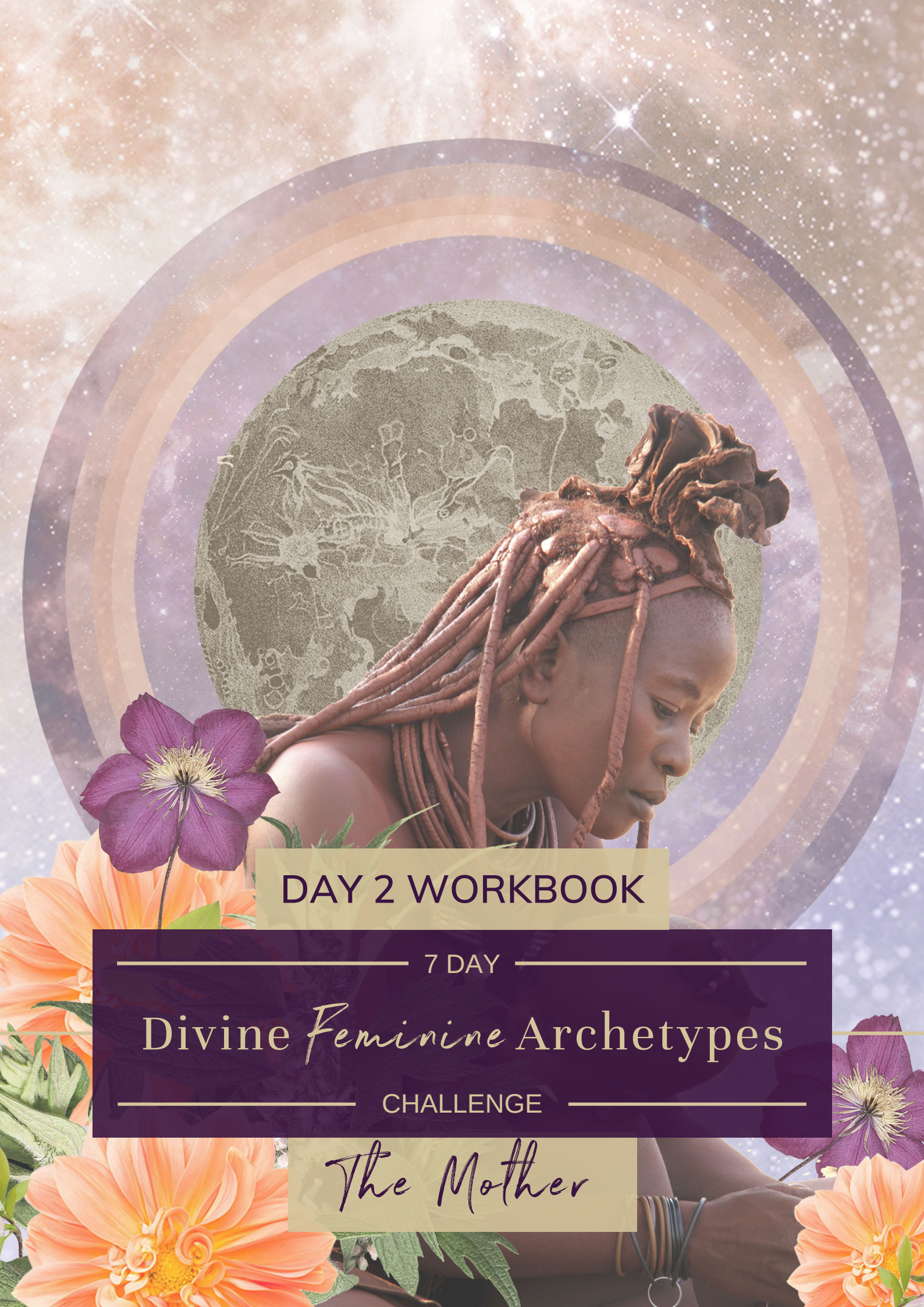




DAY 2 WORKBOOK

7 DAY

Divine *Feminine* Archetypes

CHALLENGE

The Mother

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 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 want to miss.

2:00pm

Have you been posting about The 7-Day Divine Feminine Archetypes Challenge? Remember there are Daily Giveaways up for grabs just for sharing how much you're LOVING this work!

5:30pm (BST)

9:30am (PDT)
12:30pm (EDT)

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 learned today? Journal them down and sit with the answers in meditation.

The Mother

Qualities of The Mother

She represents the nurturer, the lover, the caretaker. During the menstrual cycle, this comes right after the follicular phase (summer season).

How to Embody The Mother

There is no better time to attune with nature and the natural cycles of the planet so be sure to mindfully slow down. Simplify and minimise your life, curate rituals with yourself, create something with your hands...

The Shadow Side of The Mother

Do you find yourself giving too much and neglecting your own needs? My love this is your moment to step away and invest in your self-care, 'cause you're SO worth it!

Mantra to help rebalance Mother energy:

I am more than enough. I am worthy of giving myself the love I deserve.



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

1. You spend so much time taking care of others, you forget how to take care of yourself and can become a ‘martyr’.
2. You can sometimes be controlling of others or overbearing
3. You take on other people’s problems as if they are your own
4. You have a persistent story of not being ‘enough’
5. You base your worth solely on the roles you play for others - mother, wife, etc.
6. You judge yourself constantly and find self love challenging
7. You are extremely concerned with what other people think of you
8. You can struggle to let go.

Ways to rebalance your Mother energy

Learn how to become your own inner mother. Nurture yourself, take great care of yourself as if you were a child.

Evoke more of the Wild Woman archetype; Prioritise your own healing and growth, and marching to the beat of your own drum.

Practice fierce self love as if it is your job.

Pursue finding your purpose outside of being everything to everyone else. Prioritise what makes you happy and discover your identity as a woman. Explore new things that excite you. Prioritise your own growth.

Evoke more of the Lover archetype and practice self love, self pleasure and coming home to your sensuality. Bring more pleasure into your life on a daily basis.

Homework

How do you understand The Mother 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 Mother 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 [#ArchetypesChallenge2021](#) so we can easily find your shares!