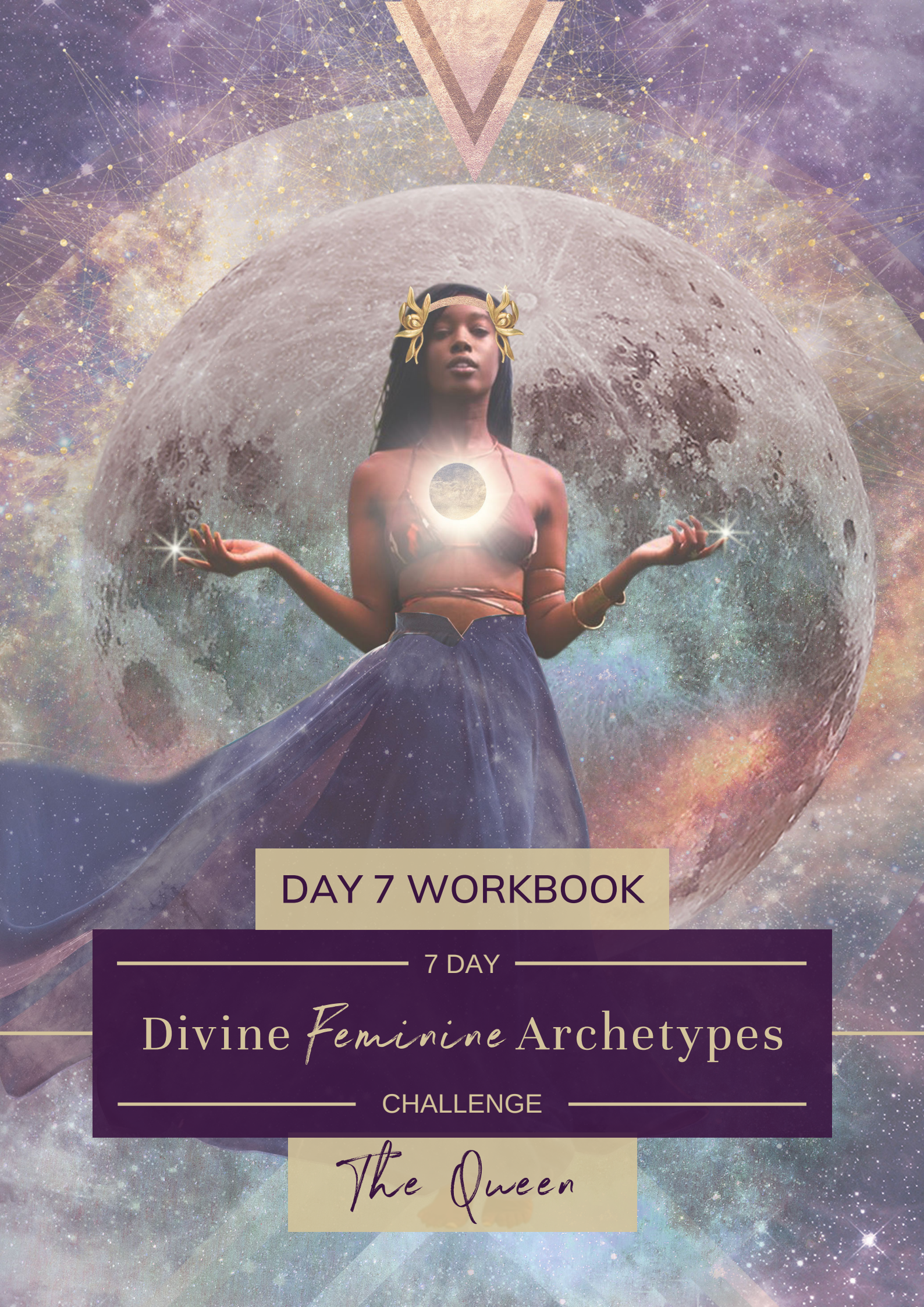

DAY 7 WORKBOOK

7 DAY

# Divine *Feminine* Archetypes

CHALLENGE

## *The Queen*

# 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)**<br>**9:30am (PDT)**<br>**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 Queen*

### Qualities of The Queen

Let it be known that The Queen is the boss of her life and her power and above all, knows her own worth. She is constantly up-levelling and laser focussed on her own journey.

### How to Embody The Queen

Invest in your soul growth and make those big decisions that you have been scared of thus far. Everything you want is on the other side of fear, so take charge in the situation and trust that you've got this.

### The Shadow Side of The Queen

As they say, with great power comes great responsibility so make a conscious effort not to take advantage of that strength. Be aware that you may struggle with boundaries and can still feel easily threatened by other women.

### Mantra to help rebalance Queen energy:

I was born to lead. I am the Queen of my life.

## 8 Signs Your Queen is Out of Balance

1. You are afraid of your own power and keep yourself small
2. You may sabotage your own rising so that you don't become too powerful.
3. You may struggle with boundaries or let others walk all over you.
4. You may feel superior to others, or in reverse, you may put yourself beneath others.
5. You may get jealous and easily threatened by other women.
6. You may feel lost without your King or feel you need a King to complete you.
7. You may use your power to manipulate or control others either consciously or unconsciously.
8. You may lack humility and groundedness and may take life too seriously.

## Ways to Rebalance the Queen

Evoke more Wild Woman into your life, connecting with the spirit world and letting your hair down more.

Evoke more Maiden energy, allowing yourself to be playful through life and not take your life too seriously.

Evoke more Wise Woman energy, alchemising your power and influence into wisdom that others can use to heal the world.

Practice honouring your own needs and boundaries.

Practice humility and deep respect for everyone, no matter where they are on their journey.

Heal your relationships with other women by allowing other women to get closer to you and become your sisters. Allow yourself to be vulnerable with other women, and make friends with other powerful Queens who can support your uprising! There is room for all of us!

# Homework

## How do you understand The Queen 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 Queen 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!