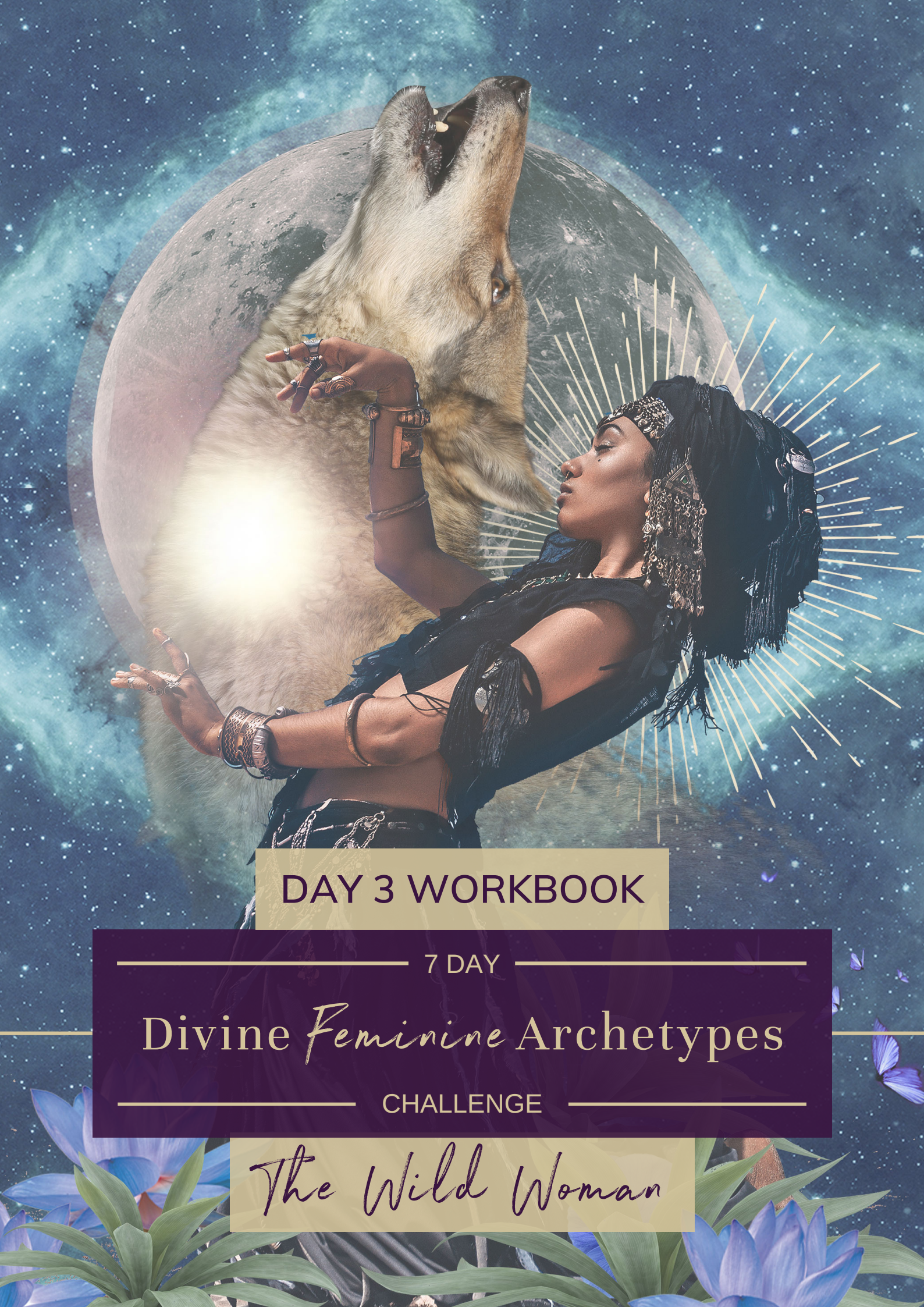




DAY 3 WORKBOOK

7 DAY

Divine *Feminine* Archetypes

CHALLENGE

The Wild Woman



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 Wild Woman

Qualities of The Wild Woman

She is the one who seeks freedom in all aspects of her life, taps into her mystical magic and awakens her inner Enchantress. She has an awakened soul and connects deeply to herself and her spirit.

How to Embody The Wild Woman

Don't be afraid to spend time alone with your thoughts as you are now more connected to your intuition (Third Eye Chakra) than ever before. Cut down on any stimulating activities and instead, spend time in the wilderness, practice fierce embodiment and be sure to speak your truth with conviction and certainty.

The Shadow Side of The Wild Woman

As expected, she can be dangerous, unpredictable and chaotic. Find ways to express your anger in a healthy way.

Mantra to help rebalance Wild Woman energy:

I do not conform for anyone. I dance to the beat of my own drum.



8 Tell Tale Signs Your Wild Woman is Calling You

- 1. You have a craving to to be more WILD. You're craving adventure or passion.
- 2. You feel a calling to become more of who you truly are.
- 3. You're drawn to exploring the mystical and spiritual realms
- 4. You can hear your intuition becoming louder with each day
- 5. You're less interested in other people's opinions of you
- 6. You feel the call to spend more time in nature
- 7. You're starting to question the rules of 'society' and refuse to play by the rules of the past
- 8. You've stopped looking outside of yourself for answers and know you are the source of your own power

Ways to nurture the Wild Woman energy

- Spend more time in wild nature; jungle, oceans, beaches, forests.
- Work with spiritual gifts; plants, sages, palo santo, herbs and plant medicines.
- Work with crystals, tarot, learn about the planets, and working with the moon.
- Work with your menstrual cycle and truly learn the magic of your own body.
- Dance every day, and allow yourself to feel completely uninhibited and free.
- Prioritise your healing work, shadow work, and your growth.
- Find fellow Wild Woman sisters to be on the journey with!
- Too much Wild Woman energy? Invoke more of the Huntress archetype to ground you back into the physical dimensions and give you more of a sense of connection to the Earth as well as the spirit world.
- Invoke more of the Wise Woman archetype to transmute your healing work into wisdom that you can share with others.
- Invoke more of the Queen archetype so that you feel more sovereign and powerful in your wildness!

Homework

How do you understand The Wild Woman 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 Wild Woman 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!