

DAY 5 WORKBOOK

7 DAY

Divine *Feminine* Archetypes

CHALLENGE

The Wise 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 Wise Woman

Qualities of The Wise Woman

Embrace how in-tune you are to your intuition and allow yourself to come into your own power. You are a teacher who knows her own power and expresses herself with peace, strength, and sincerity. What's more, you have met your Shadow Self many times and know how to consciously work with her rather than resist her.

How to Embody The Wise Woman

Journal, Journal, Journal. Use this time to ask the Universe to speak through you and call in new signs from spiritual energies to help guide you in the right direction. Love your menstrual cycle and learn how to adapt to change.

The Shadow Side of The Wise Woman

The Wise Woman may feel lonely at times, as though there is no place in society for her. Notice your introverted self go against you if you are struggling to express yourself emotionally.

Mantra to help rebalance Wise Woman energy:

My words, my stories, and my gifts hold magic that the world needs.



8 Signs Your Wise Woman is Out Of Balance

1. You sometimes use your wisdom as a weapon by delivering truth in a bitter, mean way instead of with love
2. You feel intellectually superior to others or can feel like you're always further ahead on your journey
3. You feel bitter or resentful towards other women with different gifts
4. OR: You don't believe your stories or past lessons have enough wisdom to share
5. You don't connect with self regularly or spend much time in deep inquiry.
6. You refuse to share your knowledge with others on the path
7. You isolate yourself from others, thinking that nobody understands you
8. You feel powerless or like you don't hold enough influence on the world, and can sometimes fall into a victim mentality

Ways to Rebalance the Wise Woman

Evoke more Queen energy into your life; embody more of your power and inner sovereignty.

Evoke more Maiden energy into your life; play more, remember your innocence, and be open-minded to new encounters.

Evoke more Lover energy; flirt more with life, embrace other women into your life as sisters, and don't isolate yourself from connection.

Share your knowledge with other women on the journey from a compassionate and loving place.

Homework

How do you understand The Wise 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 Wise 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!