



Feminine FORCE

The Maiden
Self Exploration

The Maiden

Let's explore The Maiden archetype.

This workbook is designed to go along with our LIVE Masterclass. If you struggle to answer any of these questions, please watch the replay of the Live session.

Please note, this is not a 'pass or fail' test in any way. This is only for you, and it should be seen as a self study exploration of your inner world. Your answers lie within. Trust yourself.



Using our custom report, what % of The Maiden archetype do you currently embody?



How do you currently perceive The Maiden archetype?



Are you resistant to exploring The Maiden archetype? If so, why?



What are 10 words you would use to describe The Maiden Archetype?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

List a few Maiden archetypes from culture, stories, fiction, movies, TV shows that resonate with you:

Do you know anyone personally or follow anyone online that embodies The Maiden energy? Who, and why? What do you admire about this person, or, if she triggers you, why?

Extra: Post a picture in the group of a time when you were most in your Maiden energy, and describe how it felt.

In your menstrual cycle, what time in your cycle represents Maiden energy?

- Extra: Track your cycle this month and notice when you are in your Maiden energy and how your energy feels different from other stages of your cycle.

If your Maiden energy is repressed, which archetypes do you feel you have leaned on most to compensate for this?

In relationships, how does The Maiden archetype show up? Is she activated, repressed or wounded?

How has this affected your relationships?

List 3 ways you could ACTIVATE The Maiden archetype more in your relationships:

1.

2.

3.

Why would this be beneficial for your relationships and your life?



In your work and career, how does The Maiden archetype show up? Is she activated, repressed, or wounded?



How has this affected your work or career?

List 3 ways you could ACTIVATE The Maiden archetype more in your work and career:

1.

2.

3.

Why would this be beneficial for your work, career, and your life?

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If you are working on healing the wounded Maiden, which archetypes do you intuitively feel you could lean into to support you with this?

Do you remember any times in your life where you felt like the illusion you were living in was shattered? Describe 3 times you can remember:

1.

2.

3.

Do you remember a time in your life where you have broken out of your comfort zone, gone your own way, or gone against the status quo or authorities? Describe it..

If you have never really done this, why do you think that is?

Do you remember a time in your life where you walked away from a situation that was not healthy for you, and you realised your own self worth? Describe it.



If you have never really done this, why do you think that is?

Do you remember a time in your life where you stayed in a bad relationship because you were too afraid to leave or stand up for yourself? Describe it.

How fulfilled do you currently feel by your female friendships or community?
Where is there room for improvement?

How often do you socialise with girlfriends and go out having fun together? How
do you find these experiences?

Have you ever molded or changed yourself to be what you thought others
wanted? Describe it.



How often do you try new things, hobbies, activities, classes, interests? How do you find it, to try something new?

Would you say you are generally open to new experiences or closed to them?

Do you find it challenging to 'surrender' control and let others lead you or take care of you?





Do you still feel a bit like a child when you are around your parents or family?

- Do you ever feel like in your romantic relationships, you are taking on the role of the child, and them as the parent?



Do you ever find yourself victimising yourself, blaming others, and shying away from taking personal responsibility? Where do you notice you do this?





How easily do you trust your life path? Do you find yourself able to go with the flow, or do you always need to have a solid plan mapped out?

Do you find yourself easily trusting strangers, or are you more discerning?



Do you feel that you can trust your intuition to guide you? Do you take action on your intuition or ignore it? Describe 3 instances where you have either trusted it, or ignored it:

1.

List 3 big breakthroughs or "aha!" moments you have had from this workbook:

1.

2.

3.

List 7 action steps you could do this month to continue to embody and heal your inner Maiden:

1.

2.

3.

4.

5.

6.

7.

Finally, share your top realisations and breakthroughs from this month's workbook inside the [Facebook Community](#) and allow yourself to be supported by your sisters!

Maiden Dates

- ☐ Try something new
- ☐ Go out and have fun with your girlfriends
- ☐ Make yourself a vision board
- ☐ Practice surrender and receptivity in your relationships
- ☐ Say yes to every new opportunity and invitation you get
- ☐ Talk to strangers when they approach you
- ☐ Dress like the maiden
- ☐ **BONUS: Find a picture of yourself when you were the most in your Maiden and share it in our community or with your friends and family**