

A woman in a blue dress with flowers in her hair, standing in front of a large moon and a rainbow. The scene is set against a purple and blue starry background. The woman is looking to the left, and her dress is flowing. The moon is large and detailed, showing craters. The rainbow is a double rainbow, with the primary rainbow being more prominent. The overall mood is dreamy and ethereal.

Feminine FORCE

Two large roses, one red and one white, are positioned at the bottom of the image. The red rose is on the left, and the white rose is on the right. They are both in full bloom and have a soft, glowing appearance. The background behind them is a dark, starry purple.

The Lover
Self Exploration

The Lover

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 Lover archetype do you currently embody?

What are 10 words you would use to describe the Lover Archetype?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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

Do you know anyone personally or follow anyone online that embodies the Lover 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 feel most in your Lover energy.

Why do you believe the Lover archetype is repressed in our society?

Where do you see the rise of the Lover archetype happening on a collective level?

✦ In your relationships, how does the Lover archetype show up? Is she activated, repressed or wounded, or a bit of all three?

• How has this affected your relationships, for better or worse?

List 3 ways you could **ACTIVATE** the healthy expression of the Lover archetype more in your relationships:

2.

3.

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

1

1001

1003

List 3 ways you could ACTIVATE the Lover archetype more in your work and career:

1.

2.

3.

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





Are there any other areas of your life where you spot the Lover archetype? (money + finances, creativity, family, friendships, spirituality, education, health?) What do you notice?

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



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Were there any traumatic experiences in your childhood or early adult life that led to you having a confusing relationship with your Lover archetype? Recall them below, and share what you believe they led to.

What age / period in your life did the Lover archetype get repressed? Why did that happen? Describe what you can remember.



How would you describe your relationship with your own sexuality today? How has it evolved over the years?

Do you have a regular self-pleasure practice, or do you tend to make other people responsible for your pleasure experiences?

A stylized illustration of a hand holding a flower against a dark blue background. The hand is rendered in a simple, elegant line style, with the index finger pointing upwards. The flower has five petals and a long stem with two leaves. The background features a dark blue gradient with subtle geometric patterns, including a large, light blue triangle at the bottom and a small, light blue star on the left.

How does your Lover archetype rub off on other women? Describe below.

Describe the most passionate and intimate memories you have in your life? Who were you with? What happened?

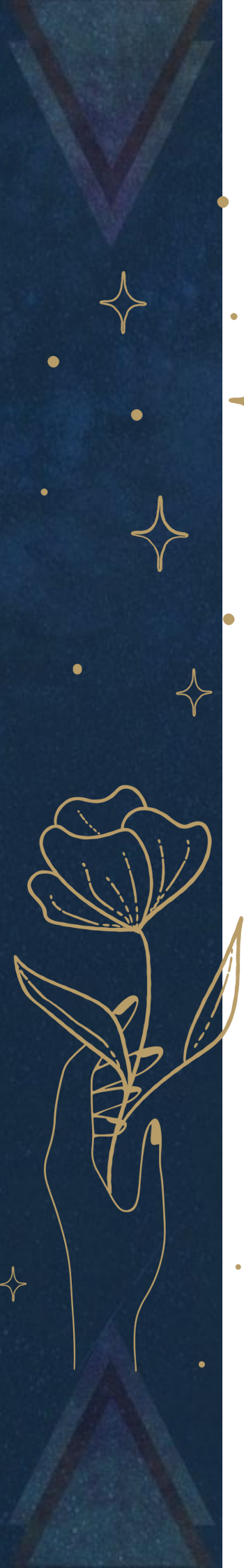
Describe, if different from above, the most primal sexual experience you have had in your life.

Describe a sexual experience you have had in your life that made you feel disempowered in your Lover archetype.



Describe some of the most passionate moments of your life that you can recall that have nothing to do with sex.

Describe some of the times in your life where you felt most in your creative flow, connected to your creative, life force energy! (Creating a new idea, a book, writing a poem, a painting, a project, a new business... when did you most feel your inner artist come alive?)





What are some of the things you could do to come home to your inner Lover?

1.

2.

3.



List the women in your life who are not afraid to express their inner Lover:



If you don't have that many, ask yourself why? And what could you do to gather more lovers around you?

If you knew your inner Lover would never ever be shamed, blamed or judged again, what would you do?

Describe how it feels to fall in love. What are your favourite moments of being in love?



List 3 sensual or pleasure practices you have always felt intrigued by? (Does not have to be sexual)

1.

2.

3.

If you identify as heterosexual, what is your relationship like to being sensual, playful and tactile, and intimate, with other women? What have your experiences been like, if you have had any?



What outfit do you have in your wardrobe that makes you feel the most like your inner Lover? Is it time to buy new clothes to help your inner Lover be more expressed?

Do you find you are often the one initiating intimacy and sex with your partner, or is it the other way around?



Do you experience feelings of rejection if you are declined during such an advance, or are you usually the one rejecting?

What are some of your favourite rituals or practices to express your inner Lover? If you don't have any, what would you like to try?

What are some of the ways you like to connect with your body each week? Does your body get to feel your love for her?

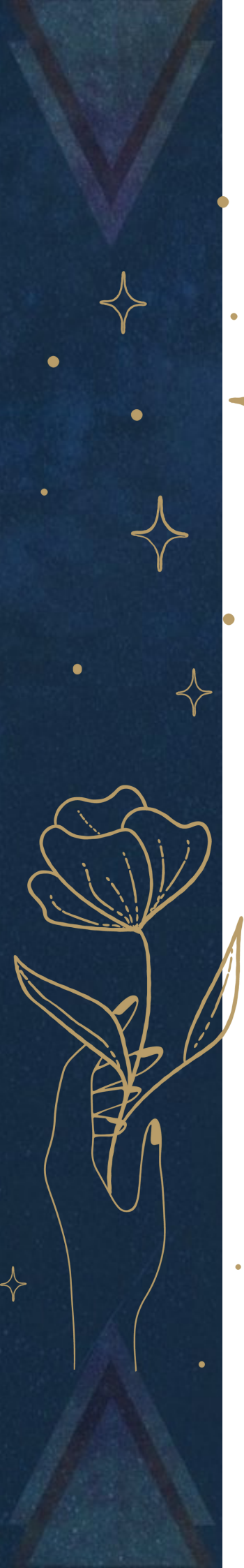
Have you ever used your sexuality to manipulate, control, get power over someone, or get what you want in a way that was not in integrity with your highest self? Describe below.

How did it make you feel? Be honest.



Do you have a relationship with your dark, erotic sexual energy? Do you feel you are able to healthily express this? Describe below.

From the journaling exploration above, what have you discovered about your own relationship with your inner Lover?



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 Lover:

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!

Lover Dates

- ☐ Engage in slow pleasure
- ☐ Be with your naked self more
- ☐ Wear your sexiest garments
- ☐ Work with the colour red
- ☐ Recover your inner artist
- ☐ Take sexy selfie's
- ☐ Up-level your self-pleasure practice
- ☒ Explore your erratic energy in the bedroom
- ☐ Try a sensual dance class
- ☐ Be a social butterfly (make the first move)