LEAD LIKE A *Queen*

·5 DAY TRAINING·

DAY THREE

Integrating *Masculine & Feminine* Energetics

MEL WELLS

LEAD LIKE A Queen
·5 DAY TRAINING·

THIS WEEK'S SCHEDULE

Be sure to add today's training to your calendar!

6am	Head to your inbox... you've got mail! This is where you will find your workbooks each day.
9am	Check in with The Queendom Instagram comments to share what you're learning today. Be sure to share your homework answers with your community to be in with a chance of winning our giveaway!
8am PST 11am EST 4pm GMT	Join Mel inside The Queendom Mastermind Instagram Live for a deep dive into our daily work, or head to melwells.com/zoom to access the call.
8pm	Think about how to put today's lessons into practice. Then rest up, there's more magic and mastery to come in the morning!

Day 3: Integrating Masculine and Feminine Energetics

What is inherently masculine in life?

What is inherently feminine in life?

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What is masculine in business?

What is feminine in business?

How to know if you are operating from wounded masculine energy in your business:

1. Can't stick to things, no follow through
2. Over controlling, can't let go, loses their mind if things don't go to plan, rigid
3. Seeks to prove themselves through their work so much so that they get overworked and burnt out
4. Uses power dynamics to manipulate people into buying from them, pushes people to make a decision
5. Chases power and money over fulfilment and soul
6. Only focused on achievement, and performance over the journey
7. Micromanages team members
8. Disconnected from body, pleasure, and spiritual self

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How to know if you are operating from wounded feminine energy in your business:

1. Has very poor boundaries with clients and team members
2. Struggles to stick to things, lack of follow through, shiny object syndrome
3. Struggles to use systems or structure, nothing gets actioned
4. Feels shame around charging, or shames others for charging / the work they do
5. Compares herself to others online
6. Wants to be liked by everyone, is afraid to upset clients or followers by speaking her truth
7. Afraid to ask for clients or charge her worth because she has a deep fear of rejection
8. Avoids looking at bank account or finances
9. Focuses more on instagram than the back end and functionality of the business
10. Keeps team members on for too long when she should have let them go - struggles to have hard conversations

How much do I show up in my healthy masculine? Where do I see this in my life? Where do I see it in my business?

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How much do I show up in my healthy feminine? Where do I see this in my life? Where do I see it in my business?

How much do I show up in my wounded masculine? Where do I see this in my life? Where do I see it in my business?

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How much do I show up in my wounded feminine? Where do I see this in my life? Where do I see it in my business?

3 action steps I can take to integrate the masculine and feminine energies in my life and business are:

1.

2.

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3.

2 key takeaways from this training are...

1.

2.

Remember: If you're looking to win our giveaway, then remember that all you have to do is:

1. *Answer one of the prompts from your daily workbooks on your Instagram feed (you can use any photo/video/Reel for the post itself!)*
2. *Tag me @iammelwells and the hashtag #LeadLikeAQueen*

That's it! The team and I will be checking in each day, so be sure to set your feed to public in order for us to see it. Can't wait to see your daily submissions!

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The winner of the giveaway will be announced over on my Instagram, and contacted directly on Instagram. Entries close at 11:59pm EST on Friday 13th January.

P.S. Today's Live Stream on Integrating Masculine & Feminine Energetics will take place at 8am PST // 11am EST // 4pm GMT inside The Queendom Mastermind Instagram or you can access it by heading to melwells.com/zoom. See you there!

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