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WÉLCOME WORKBOOK

Welcome to Feminine Force!

This is your welcome workbook; a chance for you to begin exploring your relationship with the mysteries of the Divine Feminine.

Pour yourself a hot drink, light a candle, put on some background music, and let's begin.

When you hear the word "feminine", what comes up for you? How does it make you feel?

How would you describe "feminine"? What does it mean to you?

Would you say you have a stronger relationship to your masculine energy than your feminine energy? If so, how does this show up in your life?

1.

List 5 qualities you possess that are more masculine energy.

 2.

 3.

 4.

 5.

How does your masculine energy serve you?

How does your masculine energy NOT serve you?

List 5 qualities you possess that are more feminine energy.

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	2.			
	3.			
,	4.			
	5.			

How does your feminine energy serve you?

How does your feminine energy NOT serve you?

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How would you describe your mother? What are her best traits and worst? What are her natural strengths and weaknesses?



• From the 7 archetypes (Maiden, Mother, Wild Woman, Lover, Wise Woman, Huntress, Queen) which one did you resonate with the most?

Which one did you resonate most with in the shadows? In what way?

Which one did you judge or reject the most? Why do you think that was?

When you think about your Mother, which archetypes does she embody or evoke the most? Where is she in her own shadow?

Is there any resonance or similarity between your own archetypes and your Mother's?

Which archetype did you feel a longing for the most?

Who do you know, that represents and embodies this archetype well? (Can be friends, celebrities, people you follow online)

If you were more fully embodied in this archetype, how might you live differently? What are some things that may change?

Well done gorgeous! You've just taken the first step in identifying where the journey will begin for you inside Feminine Force. Keep these answers safe so that you can return to them at the end of the program and see how far you've come. And remember to mark June 1st in your calendar when we officially begin the container! I can't wait.