

5 DAY CHALLENGE

RISE

CREATED BY

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Raise your confidence by transforming your Inner Critic into your Inner Champion, providing the courage to achieve soul-led happiness, success and fulfilment.



Welcome

Welcome to Day Five of Rise; a 5 Day Online Challenge to transform your Inner Critic into your Inner Champion so you'll gain the confidence to follow your dreams!

You've made it! Congratulations on remaining committed to rising above the conditioned thoughts, feelings, decisions and actions of your Inner Critic so that with the confidence of your Inner Champion, you can take enlightened action towards your dreams. Your dedication and time investment has reaped infinite rewards, for the ripple effects of the positive change reach all aspects of our life and alter our life forever.

Yesterday you participated in a guided meditation to meet your Inner Champion, who is the Soulful Archetype counterpart to your Critic. You successfully integrated the positive praise that she has for you right now, shifting your mind-set to be solution focused, optimistic and proactive in taking enlightened action towards your dream-life. Remember you will continue to process this shift over the next few days, so continue to be loving and kind towards yourself and honour your needs. You have the safety and confidentiality of the private FB group to share your experiences and how you are feeling, as well as reach out for support if you need it.

FB Link: <https://www.facebook.com/groups/rise5daychallenge>



Today is the final day of the challenge. You will be repeating the mirror exercise but this time from the perspective of your Inner Champion. You'll then repeat the Selfie Scale that you completed on Day One, in order to have a direct comparison from the start and end of this challenge. This will help you to comprehend your transformational achievements, as well as provide visible evidence to validate your commitment and efforts over the past five days. This is the day when you get to acknowledge and celebrate your achievements and praise your persistent efforts.

Our relationship doesn't have to end here. It would be wonderful to stay connected either on Facebook, Instagram or through our Soulful FE-Mail monthly newsletter, so that you can continue to receive motivational guidance and soulful practices to help you achieve soul-led happiness, success and fulfilment.

Wishing you love, abundance and harmony on your life journey.

With soulful love and blessings

Helen





Empowerment Exercise

Meeting in the Mirror

This exercise will provide a conscious understanding of your Inner Champion and what she knows to be true about you. To complete this activity please listen to the accompanying audio.

Physical Self

My Inner Champion knows I am ...	She empowers me to feel ...

Emotional Self

My Inner Champion knows I am ...	She empowers me to feel ...



Empowerment Exercise

Meeting in the Mirror

Thinking Self

My Inner Champion knows I am ...	She empowers me to feel ...

Soulful Self

My Inner Champion knows I am ...	She empowers me to feel ...



Empowerment Exercise

Selfie Scale

You completed this exercise on Day One of this challenge and now it's time to repeat it again, so that you have clear visible evidence of what you've achieved from participating in this challenge. This also validates the transformations possible when we acknowledge our shadow personalities and embody our soulful archetypes.

To complete this Empowerment Exercise it's imperative that you listen to the guided meditation which accompanies this guidebook. The audio will connect you with your Inner Champion archetype, who will rate each inner statement from a deeper level of consciousness.

On a scale of 0 - 10
(0 = disagree and 10 = wholly agree)

Aspect of Self	Soulful Statement	Score
Self-Security	I feel secure in who I am.	/ 10
Self-Worth	I know my worth and that I am enough.	/ 10
Self-Confidence	I am confident being myself at all times.	/ 10
Self-Love	I love and approve of myself.	/ 10
Self-Expression	I authentically express my thoughts and feelings.	/ 10
Self-Belief	I wholeheartedly believe in myself and my abilities.	/ 10



Soulful Self-Care

Over the coming days you will continue to process the transformational experiences of this challenge as your mind, body and soul adjusts to the changes. Be aware when your Inner Critic is activated and trying to sabotage your achievements. Connect with her to understand why and offer her reassurance. Remember to continue building a relationship with your Inner Champion so you can continue to embody the values, beliefs and attributes of this powerful soulful archetype.

Physical Self

Remember to listen to the gentle whispers of your physical body that are expressed through your bodies sensations. This is all information for your self-healing journey, so begin to notice how your body speaks to you and what it's saying.

Emotional Self

E-motions are energy in motion which changes from moment to moment. Your emotions are an outward expression of what's happening inside and help you understand when a shadow or soulful archetype is active. I invite you to be more mindful of your emotions moving forward.

Thinking Self

Each day be aware of the origin of your thoughts. Are they coming from your shadow or soulful archetypes? This will help you to differentiate between conditioned and authentic beliefs.

Whatever comes up to be processed, please remember you are safe and supported. Be gentle, kind and patient with yourself, just as you would be with a dear friend. You have the sanctuary of the private Facebook group to reach out for help, as well as to share and celebrate your achievements.



What Next?

Let's take a moment to celebrate the commitment and dedication you have demonstrated to your healing and transformation over the past 5 days. Your continued efforts have produced profound changes to your inner world and the ongoing ripple effects will positively influence every aspect of you and your life, not just now but for the rest of your life. You have successfully healed and transformed one aspect of your Inner Critic that you identified in the Meeting in the Mirror exercise on Day Two. I invite you to imagine:

- what is possible when you heal and transform the other limiting aspects of your Inner Critic?
- what is achievable when you alter the conditioned limiting thoughts, feelings, decisions and actions of your other shadow personalities?
- how you will feel each day after embracing the empowering attributes of your soulful archetypes?
- how your life will be when you authentically live from your heart and soul

By continuing to soulfully collaborate with your inner community through Archetype Alchemy, you open the door to a world of infinite possibilities and reveal the path to a limitless life!





What Next?

Now you've discovered a proven self-healing modality,
are you ready to take the next step?

I am here to help you. I'm excited about continuing to share effective soulful practices that empower you to:

- be your own healing expert, after all no-one knows you better than you do
- overcome the negative self-talk of your shadow archetypes and embrace the authentic voice of your soulful personalities
- heal the emotional wounds of the past, so you can be emotionally present in the now
- transform self-sabotaging behaviours, so that you can take enlightened action towards your dream-life
- live a soul-led life of embodied happiness, success and fulfilment

You can choose an offering which aligns to your lifestyle and that offers the solution you're looking for.

If you would benefit from regular self-healing time which minimises the potential to self-sabotage and maximises your transformation capabilities, then I recommend joining the Members Circle. For £26.23 you'll have access to two live online ceremonies each month at the time of the New and Full Moon, as well as optional access to a private Facebook group. For full details, go to:
<https://soulfulwomanrising.com/membership-circle/>

However, if you prefer to journey deeper into your own personal story so that you can heal the archetypes which are dominant in your life right now, then I offer private one-to-one coaching sessions. To assess whether this is the right path for you, I offer a complimentary 'Awakening Call' which can be scheduled by contacting me at admin@soulfulwomanrising.com.