

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 Four of Rise. I trust you are incredibly proud of how you have embraced this challenge and been dedicated to its completion. I know I am unbelievably pleased with the progress you are making and feel honoured to hold space for your transformational journey.

Yesterday you participated in a guided meditation to meet your Inner Critic and you were able to successfully heal the primary self-criticism that she has of you right now. This whole-self healing freed you both of conditioned limiting beliefs, emotional wounds of the past and sabotaging behaviours which she created in the belief that she was keeping you safe. Now that this unconscious conditioned aspect of your Inner Critic is healed, you will notice a shift in your confidence and how you feel. Change takes time to fully process and integrate and so if you'd like additional support during this time of transition, please remember that you have the safe sanctuary of the private FB group.

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

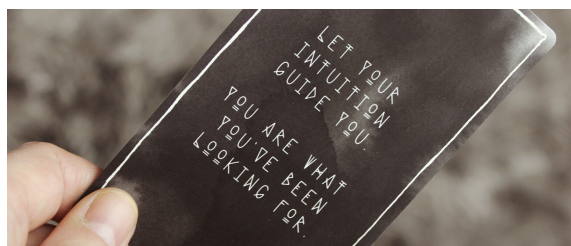
Today, you will meet the corresponding soulful archetype to your critic known as your Inner Champion. She is the personality who is solution focussed, positively proactive, embodies genuine confidence, is self-accepting and is able to celebrate who she is in all areas of life. She is one of your soulful inner community members who can help you achieve soul-led happiness, success and fulfilment.

Individually we RISE. Together we THRIVE.

With soulful love and blessings
Helen Courtney



Inner Champion



Your Inner Champion is just one of the many soulful archetypes who determines how you feel about yourself and who empowers you to reach your highest potential and live your dream-life. She is a supportive Life Coach who through her continuous encouragement, significantly impacts your emotional wellbeing, increases your self-esteem and raises your confidence. She undoubtedly has a positive impact on all aspects of your life including your relationship with yourself, relationship with others, career, health and wealth.

You may have already met your Inner Champion, for she is the personality which is activated when you feel able to achieve anything and also becomes present when you are around positive, motivational people who bring out the best in you. Her tone is warm, comforting, supportive and gently encouraging. She encourages self-constructive behaviours which enrich who you are and invites you not to take enlightened actions towards your goals. She wants you to fulfil your highest potential and achieve soul-led happiness, success and fulfilment.

The voice of your Inner Champion however can often be overshadowed by that of your Inner Critic. We embody both our shadow and soulful archetypes at all times, but the ones which have the greatest impact on our daily life are the ones that are needing our attention or the ones that we give most attention to. Think of a plant, if you water it and give it attention it will grow, but if you neglect it, it will wither.



Recognising your Inner Champion

YOU DIDNT COME THIS
FAR TO ONLY COME
THIS FAR

Your Inner Champion may be a less familiar voice in our daily life, but please be reassured that she already exists within you and has since birth. Like all inner personalities, you can get to know her the more time you consciously connect to them. Like with all relationships, you get out what you put in.

The more time you spend with your Inner Champion, the more familiar you'll become with her voice and be able to collaborate with her to increase your confidence and gain the courage you need to pursue your dreams. There are many ways you can become more conscious of your Inner Champion. Here are a few:

- Positive inner monologue - an uplifting voice which is encouraging and motivational
- Positive thought loop - solution focussed thoughts which inspire you to take enlightened action.
- Rational thoughts - which are from a place of learning, understanding and love.
- Calm internal commentary - a voice that reflects your soul's truth and is gentle and kind.
- Encouragement of self-constructive behaviours - she is your motivational Life Coach
- Self-Accelerating - she discerns whats in your best interests and sees your unlimited potential
- Realistic - she is free of constrictive expectations and holds space for you to achieve soulfully



Empowerment Exercise

Language of my Inner Champion

The language of your Inner Champion is encouraging, uplifting and empowering. She invites you to step outside your comfort zone into the adventure zone, as she knows this is where you can fulfil your true potential. She self-affirming and self-praising. I invite you this week to raise your awareness of when your Inner Champion is speaking. She will sound like the voice of an inspirational best friend and will use words such as:

- I'm going to give this my best shot.
- I am capable to learning new things.
- I am supported, cared for and loved by those who matter.
- I do my best and my best is good enough.
- I can achieve whatever I set my mind to.

Re-Framing the voice of your Inner Critic into the voice of your Inner Champion

When the voice of your Inner Critic is active, you can ask your Inner Champion to step forward and share what she would say. This re-frames the pessimistic mindset of your Critic into the optimistic mindset of your Champion.

For Example

Inner Critic "I always fail at everything, so therefore I won't bother."

Inner Champion - "I am going to learn what I need to know and take enlightened action to make this happen."

Inner Critic "I'm never going to get hurt again."

Inner Champion - "My intuition tells me who I can trust, so I carefully listen to and act upon my inner wisdom."

Inner Critic "I've started now, so I must carry as I don't want to fail."

Inner Champion - "This has been a great learning opportunity. I've discovered what works and what doesn't so I can now amend my course of action."



Empowerment Exercise

Inner Champion Meditation

The intention of this guided meditation is to meet your Inner Champion archetype, so that you can connect with and embody the qualities of confidence, self-acceptance and self-celebration, all attributes which enable you to be solution focused and pro-active in achieving your dream-life.

After you have completed the guided meditation, I invite you to note down your experiences here, as journaling is an effective tool which will help you to integrate your journey, but that also provides a helpful record for you to reflect back on.

Meditation Journal:

Prompts:

What did I see? Hear?

What did I feel in my body? What did I experience emotionally?



Empowerment Exercise

Meditation Journal

Notes: