

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

I am super proud of you for committing your time to transforming your Inner Critic into your Inner Champion and being dedicated to rising above the limitations of your conditioned thoughts, feelings and behaviours, so that you can confidently step into your unlimited potential.

When you stop being your own worst critic and become your leading champion, you will organically alter how you talk about yourself to yourself and naturally adjust how you secretly feel about yourself, as well as modify the decisions you make and actions you take. This challenge furnishes you with life-changing practices which serve as a stable base on which to begin your self-realisation journey to soul-led happiness, success and fulfilment.

The self-healing tools presented in this challenge will awaken you to the limiting thoughts, feelings and programming of your Inner Critic and how she covertly impacts your daily life. You will discover transformational tools which provide long-lasting change from the inside-out, thus altering your outer life experiences by changing your inner reality. You can repeat this challenge as often or as many times as you desire, as each time you do so, you'll discover a deeper layer of your psyche to heal and transform, as well as new inner resources to tap into.





Please remember that there is no quick fix or magic wand when it comes to self-healing and self-realisation. Personal transformation is a journey you travel alone, as through your conscious participation you learn, grow and evolve. The gold lies in the journey itself rather than in the destination, for in truth you are learning and expanding throughout your whole life.

In life you get out what you put in, so over the next 5 days I ask you make a commitment to yourself of approximately a hour a day to work through the RISE material. Take a moment now to make that pledge to yourself in a way which serves you best such as making space in your diary or as a written pact maybe.

Each morning you'll receive an email which includes your Guidebook along with an empowerment exercise for that particular day. You can complete these at a convenient time for you that day or evening. The information sent out by email will also be uploaded to the Units section in the private Facebook group, so that you can access the material there too. If you haven't asked to join yet, you still can. It's a safe platform to ask questions, gain support and connect with other women in the challenge.

I'm thoroughly looking forward to experiencing this journey together and I honour you and your participation in RISE.

With soulful love and blessings
Helen





Archetypes

As this challenge focusses on working with your Inner Archetypes, let's begin by exploring what they are, so that you have a clear understanding on which to establish your personal relationship with your own archetypes. In essence, Archetypes are sub-personalities which reside in the unconscious part of the mind. These personalities secretly influence your thoughts, feelings, decisions and behaviours every day. By transferring their presence into your conscious awareness, you can begin to differentiate between your various archetypes and recognise their individual personalities. This will enable you to mindfully manage your thoughts, feelings, decisions and actions in a soulful way.

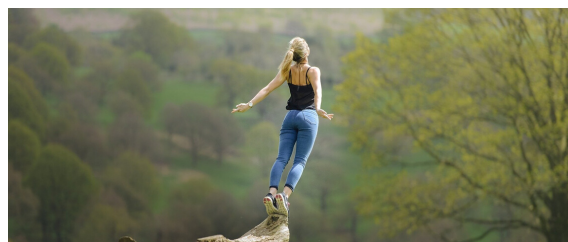
Plato, Freud and Jung are names most commonly associated with Archetypes, however many people have worked with this concept over the years and so the list of Inner Archetypes is continuously expanding. Once you become aware of archetypes, you will begin to see evidence of them in fairytales, myths and legends, as well as in the films you watch, books you read or plays you visit.

Common Archetypes Include:

Mother / Father / Child
Victim/ Bully
Hero/ Villain
Queen/ King
Empress/ Martyr
Warrior/ Servant
Lover/ Actress
Wise Woman/ Intellect
Guru / Egotist
Goddess
Artist
Conscious Communicator



Self-Healing



You may be curious about the relevance of Archetypes and the role they play in your daily life. The truth is that only you can legitimately answer that question, as although we all have the same archetypes within our inner community, individually they carry their own set of beliefs and emotional woundings which are specific to our personal experiences in this or other lifetimes. For example, we all have an Inner Critic which may carry the belief 'I'm not good enough'. However, that particular belief will have formed through our own unique personal childhood experiences, making the creation of that belief utterly unique. Journeying into your inner reality and working with your Inner Archetypes, provides space to comprehend your personal 'not good enough' story. From a place of greater awareness, you can then lovingly heal and gently transform thoughts and feelings, as well as the resulting decisions and actions. This is one of the reasons why Archetype Alchemy as a 'do-it-with-you' healing modality is far more effective than 'do-it-for-you' techniques, which miss the opportunity to bring the unconscious wounding into the conscious awareness for fully integrated and embodied healing.

Awakening the Medicine Within

You are your own medicine in your quest to raise your confidence and achieve soul-led happiness, success and fulfilment. The same mind/body/soul which formed your limited mindset, emotional vulnerability and restrictive behaviours, is the same mind/body/soul which can free you of limitation and fulfil its true potential through self-healing. Your self-talk, emotional resilience, decisions and behaviours will then come from a place of self-empowerment and self-celebration! There's no time like the present, so let's get started!



Empowerment Exercise

Selfie Scale

Your exercise today is an activity designed to provide a conscious understanding of where you are in regards to particular aspects of yourself. When participating in self-healing practices it can be difficult to measure improvement, as the transformations are experienced internally as a change in thoughts, feelings, decisions and behaviours rather than an outward visible change.

You will repeat this exercise on Day Five of the challenge, so that you have visible evidence of improvement to accompany and validate your inner transformations. To complete this Empowerment Exercise it's imperative that you listen to the guided meditation which accompanies this guidebook, so that you can rate each aspect of yourself from a deeper level of consciousness.

On a scale of 0 - 10 (0 = low and 10 = high), score the following:

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