

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 Three of Rise; a 5 Day Challenge designed to provide soulful practices which enable you to transform your Inner Critic into your Inner Champion, helping you gain the courage to follow your dreams!

You've made it half-way - CONGRATULATIONS! It's wonderful to know that you are investing time in your own wellbeing and in creating a positive future by continuing with this challenge. Your persistence and efforts will reap rewards for you.

After reading yesterday's guidebook and participating in the Meeting in the Mirror Exercise, you will have a clearer understanding and appreciation of who your Inner Critic is and the challenges that she faces. Please remember that her thoughts and feelings are conditioned and so can be consciously changed with your help and support and today's Empowerment Exercise is designed to help you do just that. But before we move on, please know that if you have any questions about yesterday's exercise or would like additional support, you can reach out in our private Facebook group, where we are waiting to help you in whatever way you need right now.

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

So let's get going! Today you will participate in an Inner Critic journey to work with your Inner Critic on a deeper level, so that you can fully heal one of the criticisms that she shared with you during the Meeting in the Mirror Exercise. During the guided meditation you will collaborate with your Inner Critic to enable you both heal the physical, emotional, thinking and soulful aspects of yourself. This whole-self healing approach ensures that the self-criticism is fully healed on all levels of consciousness and that lasting transformation happens from the inside-out.

With soulful love and blessings
Helen



Empowerment Exercise

Inner Critic Meditation

The intention of this guided meditation is to deepen your relationship with your Inner Critic, so that she feels seen, heard and acknowledged by you. Together, you can build a trusting relationship which opens the door to healing your conditioned self-criticisms.

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: