

# The Lion Archetype Workbook

A Free Soul Tool from Cassandra George Sturges

<https://jungle-beauty-goddesses-museum.com/divine-downloads-soul-tools#lion-quiz>

## Welcome, Beautiful Soul

The Lion Archetype Workbook is a sacred companion for those who have taken the Jungle Beauty Goddesses Lion Archetype Quiz. This guide invites you to explore the truth of your soul through your Lion Archetype—be it Wild, Caged, Glass Caged, or Rebellious.

Use the journal prompts and rituals to reconnect with your inner voice, awaken your truth, and embody your divine strength.





### **Wild King**

Grounded, wise, and deeply in tune with your purpose. You are the lion who leads with truth and walks with peace.

### **Journal Prompts**

- When do I feel most grounded and wise?
- What situations cause me to dim my natural leadership energy?
- What daily practices help me stay rooted in my truth?

### **Ritual**

Light a gold candle and place a stone such as tiger's eye or carnelian beside it. Speak aloud one truth you know about yourself. Let your lion's roar be heard.



### **Caged King**

Loyal and dependable, but often plays small to avoid conflict. You are the lion behind the bars—noble, but hesitant to break free.

### **Journal Prompts**

- What fears keep me playing small in my life?
- Where did I learn to stay silent to feel safe?
- What would freedom look like for me today?

### **Ritual**

Write a letter to the version of you who once needed the cage. Burn it safely and visualize those bars dissolving into light.



### **Glass Caged King**

You see and understand everyone—but your own needs stay hidden. A lion behind invisible glass, watching but unseen.

#### **Journal Prompts**

- Where in my life do I feel invisible or misunderstood?
- What truths have I avoided speaking aloud?
- How can I honor both my insight and my needs?

#### **Ritual**

Stand before a mirror. Look into your eyes and say your name three times. Tell your reflection one truth you've never said out loud.



### **Rebellious King**

Wild-hearted and resistant to confinement. You are the lion who breaks chains—but must learn discernment.

#### **Journal Prompts**

- What rules do I rebel against—and why?
- When have I mistaken chaos for freedom?
- How can I channel my passion into sacred action?

#### **Ritual**

Go into nature or your sacred space. Stomp, dance, or move to wild music. Let your rebellion express itself—then write what your spirit says in the silence afterward.