



Worksheet for  
*How Sovereign Are You?*  
*Embodying the Six Feminine Sovereign Archetypes*  
*also featuring the 8 Pillars of Feminine Sovereignty*

Developed, designed and delivered by Maggie Ostara, PhD

Please use this worksheet to support you as you watch my masterclass and to help you reflect afterward on

- Which of the archetypes do you resonate with most and in what way
- Do you act out the shadow and/or disempowered states of any of the archetypes when you're overwhelmed or stressed out
- What's your relationship with the 8 Pillars of Feminine Sovereignty -- which do you feel confident about, which do you feel uncertain or unclear about, and are there any that you disagree with?

Finally I invite you to join me for *Becoming Sovereign: Journey with the Archetypes* if you are drawn to this material and want to go deeper -- and know that you're much more likely to do that with a guide and container of support.

**Learn more and register here:** <https://OstaraExperience.com/journeywiththearchetypes>.



## **HIGH PRIESTESS**

Awakened	Shadow	Disempowered

I relate most to these aspects of **High Priestess**:

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Human Design aspect:



## QUEEN

Awakened	Shadow	Disempowered

I relate most to these aspects of **Queen**:

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Human Design aspect:





## WISE WOMAN

Awakened	Shadow	Disempowered

I relate most to these aspects of **Wise Woman**:

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Human Design aspect:



## **EARTH MOTHER**

Awakened	Shadow	Disempowered

I relate most to these aspects of **Earth Mother**:

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Human Design aspect:



## VISIONARY

Awakened	Shadow	Disempowered

I relate most to these aspects of **Visionary**:

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Human Design aspect:



## **NEW WORLD LEADER**

Awakened	Shadow	Disempowered

I relate most to these aspects of **New World Leader**:

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Human Design aspect:

## 8 Pillars of Feminine Sovereignty

NOTES

#1-10

Co-Creator with the flow of Life	
Emotionally Intelligent	
Radiant, Magnetic	
Embodied and vital	
Knows her role, purpose and terrain	
Excellent Communicator	
Collaborative	
Benevolent, Concerned for all	

**Give yourself a number 1-10 assessing your capacity in each of these pillars. Then select one or two you want to develop yourself -- and take inspired action!**