

Shadow Work-sheet

Before we dive into today's worksheet, I want you to take a moment to do some intentional breathing & connecting to your Higher Self. Ask your Intuition to step up and assist you through this worksheet. I really recommend doing the Guided meditation for this month's topic of Clarity right before doing this worksheet. 😊 Also, listen to the member only podcast episode about shadow work to get clear on what to expect from doing this worksheet.

1. What is the number one thing holding you back from doing what you want to do right now?

- How is this effecting you in your daily life?

2. How often do you feel judged, and what for?

3. What do you tend to judge others for?

4. How does judgment affect you?

5. When you were a child, what did you often get in trouble for?

6. Does this still play on your life? If so, how?

7. In what areas of your life do you feel **shame** about?

8. Have you experienced any trauma? Write anything that needs to be expressed.

9. What needs to be purged? Free write about anything that comes up. It could be present or from the past. Childhood memories that scared you, made you feel self-conscious, etc. might need to come through. This is perfect.

10. Write a poem about one of your insecurities. How can it be a blessing for you?