## 7 DAYS OF SELF-REDISCOVERY

7 DAYS OF DEEP SHADOW WORK
EACH DAY IS DESIGNED TO GUIDE YOU
THROUGH EXPLORING YOUR SHADOW
UNCOVERING HIDDEN TRUTHS ADDRESSING
SUPRESSED EMOTIONS AND RECLAIMING
YOURSELF

DAY 1
WHO AM I WHEN NO ONE IS WATCHING?
REFLECT ON THE PERSONA YOU HIDE FROM THE WORLD. WHAT
SCARES YOU ABOUT BEING FULLY SEEN?

## DAY 2 WHAT PARTS OF MYSELF DO IJUDGE THE MOST? WRITE ABOUT THE TRAITS, BEHAVIORS, OR EMOTIONS YOU CRITICIZE IN YOURSELF. WHERE DO THESE JUDGMENTS COME FROM?

WHEN WAS THE LAST TIME I FELT ASHAMED OF MYSELF?  DESCRIBE THE MOMENT. WHAT TRIGGERED THE SHAME, AND WHAT BELIEF ABOUT YOURSELF DOES IT REVEAL?

## DAY 4 WHAT CHILDHOOD MEMORY STILL AFFECTS ME TODAY? EXPLORE A MEMORY THAT BRINGS UP UNRESOLVED EMOTIONS. HOW DOES IT SHAPE YOUR CURRENT SELF-PERCEPTION?

## DAY 5 WHAT LIES HAVE I TOLD MYSELF TO AVOID PAIN? IDENTIFY THE STORIES OR BELIEFS YOU'VE CREATED TO PROTECT YOURSELF. ARE THEY SERVING YOU?

HOW DO I SABOTAGE MYSHE, AND WHY? REFLECT ON PATTERNS OF SELF-SABOTAGE. WHAT FLAR OR BELIEF DRIVES THESE BEHAVIORS?	DAY 6
DRIVES THESE BEHAVIORS?	REFLECT ON PATTERNS OF SELF-SABOTAGE. WHAT FEAR OR BELIEF
	DRIVES THESE BEHAVIORS?

DAY 7 WHAT'S ONE FEAR I'VE AVOIDED CONFRONTING?
DIG DEEP INTO THE FEAR AND ITS ORIGINS. WHAT'S THE WORST-CASE SCENARIO, AND HOW DOES IT INFLUENCE YOUR ACTIONS?