



### Day 1: Where are you right now?

***So many aspects of our lives interweave together to create our present experience of life, whether good, bad, or ugly.***

Find a quiet place to focus and pay attention to your environment, as well as your senses, as you take a closer look around you and ask yourself the following questions:

- What do you love about your life, and what do you love not so much about it?
- What are you grateful for?
- What things are you grateful for, but often forget to acknowledge? What things do you love, but frequently pass by without paying much attention to them? (Ex: houseplants, a wedding vase, wildflowers, etc.)
- How do you think and communicate? When you listen to others, do you focus? Do others listen to you? Does your communication style change depending upon who you are talking to

or how you are feeling?

- What are your recurring and frequent thoughts about?
- What are your habits, including those that annoy you, those that you may be proud of, and everything in between?

After journaling your answers to these questions, find a quiet spot to sit comfortably for ten minutes, while concentrating only on the act of sitting still and quiet. Once you have accomplished that, quietly reflect upon your experiences of the day.



### Day 2: Where do you consider yourself to be in your life right now?

***Often, the understanding of how we got to where we are remains hidden in our subconscious.***

In order to recognize our own true potential, we must consciously understand how we got to where we are in life. Unless we look, it will remain hidden from our conscious awareness, therefore making it impossible to uncover, understand, and reconcile our shadowy side, or anything else that might be sabotaging our desires. Once it is uncovered, we can adjust our patterns to meet our goals and we are able to define what we truly want.

Today we will answer some deeper questions about our lives, starting with the biggest one: Where do you consider yourself to be in your life right now? When considering this,

make a point to write down anything and everything that comes into your mind, even those thoughts that pop up because you think they should. Try to consider as many aspects of your life as you can, remembering there is no

right or wrong answers. Your answers will be telling and they will guide you further as you work more closely with your shadow. Even if your answers seem meaningless now, you will start to uncover deeper meaning to them. After covering as many aspects of your life as you possibly can, practice sitting still for 10 minutes, like yesterday.



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**Day 3: What are you grateful for and what do you love about your life?**

***Gratitude is more than just an acknowledgement that you have something or someone in your life. Instead, gratitude should be felt with your whole heart and soul.***

There will be times during the process of shadow working where you might uncover aspects of yourself that you do not like, or that you may feel fearful of or even emotional about. Please don't worry about these feelings. Today we will focus on gratitude by creating a wonderful reminder of what you love in life.

Today, please take note of the things you're grateful for and what you love about your life. Pay attention to the particular aspects of what you love that naturally make your heart soar, and also notice anything that you love that doesn't make your heart soar immediately. Experiment with these things by expressing love towards them from the heart in

order to see if you can feel the depth of feeling you may want to.

Take notes in your journal about your experience of gratitude and those things that you are grateful for, anything that you had to remind yourself to feel gratitude for, and/or the things that you do love, but for some reason couldn't feel it deep within your heart. Next, designate a "gratitude page" in your journal, writing down everything that you are grateful for. As you move through life and notice anything else you love, you can refer back to the "gratitude page" and add it in. Look at your gratitude page regularly to remind yourself to stop and take note of the things you love. Finally, finish with ten minutes of quiet stillness.



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**Day 4: What do you want to change about your life?**

***Taking the time to acknowledge the things in your life that could be improved upon, or changed for the better, is a great process of self-development and shadow work because it becomes a type of platform from where you can jump off.***

Today you will start to look at the aspects of your life that you have already realized that you would like to improve upon or change, (the parts of your life that you are already consciously aware of). Take some time to consider those things that you want to change and write them down in your journal. There will be

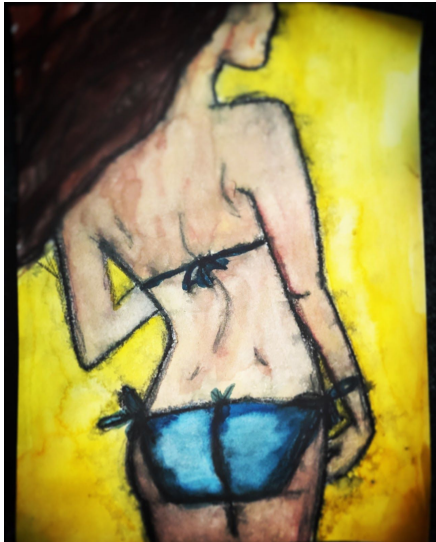
some very easy changes, and there might also be some harder aspects of your life that you might feel dissatisfied

with, but that you are not quite ready to fully acknowledge. It is important to write down all observations, *acknowledging*.

**All you are doing is acknowledging where you are right now in your life. Nothing more.**

As you write down what you want to change, *acknowledging*. Take the time that is needed to authentically invest in the act of writing these changes down. Make sure to pour your energy and heart into it, while also quietly observing your physical responses to what you're writing. In addition, create a new journal page with the changes you have acknowledged in a list format. You can always add any new changes you'd like to make by returning to this page. Continue by sitting quietly and still for 12 minutes.

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**Day 5: How do you feel about your body?**

***Your body is the vehicle that helps you navigate through your life, and it can be very stifling for the spirit if it cannot flow freely.***

Your body is a reflection of your mind, and of your emotions. It can hold your emotions deep within, repressing them, causing illness and ailments to manifest. Your thoughts and ideas about your body can highlight your perception and offer major clues as to what is happening with your shadow side.

Take the time to consider your body. How do you feel about it? Do you believe it to be strong or weak? What do you love about your body and what do you dislike? Are there parts of your body that you need to radically take care of? And on that note, how do you take care of your

health and your body? What bad habits do you have? Take some time to make notes about your thoughts and feelings in your journal. Be sure to capture everything that comes into your mind.

After journaling, move your body in a way that you're not used to. (For example, If you don't exercise, go for a walk; but if you exercise frequently and rarely relax, take this day for relaxation.) You can explore body movement through dancing, yoga, running, etc. As you explore moving your body, take notice of how you feel, where you might feel limited, and how this experience inspires or frustrates you, and write your observations in your journal. Continue your practice of 12 minutes of sitting silently, but today try notice the thoughts flowing through your mind.

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