



SHADOW

Goal-Setting List

WORK

● New habits I want to build	● How I am going to honor my journal practice
	Daily routines that support my goals
● Things I want to learn	

SHADOW WORK

MEETING YOUR SHADOW

Day 1-20

GOAL: TO NOTICE PATTERNS AND TRIGGERS

1. WHAT PARTS OF MYSELF DO I JUDGE OR DISLIKE THE MOST?
2. WHEN DO I FEEL MOST TRIGGERED—AND BY WHOM?
3. WHAT EMOTIONS DO I TRY HARDEST TO AVOID FEELING?
4. WHAT TRAITS IN OTHERS IRRITATE ME THE MOST?
5. WHAT AM I AFRAID PEOPLE WOULD DISCOVER ABOUT ME?
6. WHEN HAVE I ACTED OUT OF JEALOUSY, ANGER, OR FEAR?
7. WHAT MEMORIES STILL BRING SHAME WHEN I RECALL THEM?
8. WHAT BEHAVIORS DO I JUSTIFY BUT SECRETLY REGRET?
9. WHAT AM I MOST DEFENSIVE ABOUT?
10. WHEN DO I LIE TO MYSELF?
11. WHAT DO I FEEL GUILTY ABOUT THAT I'VE NEVER ADDRESSED?
12. WHAT PATTERNS KEEP REPEATING IN MY RELATIONSHIPS?
13. WHAT DO I FEAR BECOMING?
14. WHEN DO I FEEL “NOT ENOUGH”?
15. WHAT DO I HIDE WHEN I'M TRYING TO APPEAR STRONG?
16. WHAT PARTS OF MY PAST DO I WISH I COULD ERASE?
17. WHAT DOES MY INNER CRITIC SOUND LIKE?
18. WHEN DO I ABANDON MY OWN NEEDS?
19. WHAT EMOTIONS FEEL “UNACCEPTABLE” TO ME?
20. WHAT AM I AVOIDING LOOKING AT RIGHT NOW?

SHADOW WORK

UNDERSTANDING WHERE IT CAME
FROM

Day 21-40

GOAL: TRACING OLD WOUNDS

1. WHEN DID I FIRST LEARN THAT THIS PART OF ME WAS “BAD”?
2. WHO TAUGHT ME IT WASN'T SAFE TO EXPRESS CERTAIN EMOTIONS?
3. WHAT DID I NEED AS A CHILD THAT I DIDN'T RECEIVE?
4. HOW DID MY CAREGIVERS HANDLE ANGER, SADNESS, OR FEAR?
5. WHAT SURVIVAL ROLES DID I TAKE ON GROWING UP?
6. HOW DID LOVE FEEL INCONSISTENT OR CONDITIONAL?
7. WHAT DID I HAVE TO SUPPRESS TO BELONG?
8. WHEN DID I LEARN TO PEOPLE-PLEASE OR WITHDRAW?
9. WHAT BELIEFS DID I INHERIT THAT NO LONGER SERVE ME?
10. HOW WAS I REWARDED FOR HIDING MY TRUE SELF?
11. WHAT PAIN HAVE I NORMALIZED?
12. WHAT COPING MECHANISMS ONCE PROTECTED ME?
13. WHAT DID MY YOUNGER SELF MISUNDERSTAND ABOUT THEMSELVES?
14. WHAT EMOTIONS WERE IGNORED OR MINIMIZED IN MY HOME?
15. WHEN DID I STOP TRUSTING MY INSTINCTS?
16. WHAT PARTS OF ME LEARNED TO STAY QUIET?
17. WHAT WAS I PUNISHED OR SHAMED FOR?
18. WHAT UNMET NEEDS STILL SHOW UP TODAY?
19. HOW DID I LEARN TO DEFINE MY WORTH?
20. WHAT DOES MY SHADOW WANT ME TO UNDERSTAND?

SHADOW WORK

BEFRIENDING THE SHADOW

Day 41-60

GOAL: TO SOFTEN, VALIDATE AND LISTEN

1. HOW HAS MY SHADOW TRIED TO PROTECT ME?
2. WHAT IS THIS PART OF ME AFRAID OF LOSING?
3. HOW WOULD I SPEAK TO THIS PART IF IT WERE A CHILD?
4. WHAT DOES MY SHADOW NEED MOST RIGHT NOW?
5. HOW CAN I SHOW MYSELF MORE PATIENCE?
6. WHAT WOULD UNCONDITIONAL SELF-ACCEPTANCE FEEL LIKE?
7. WHAT EMOTIONS AM I READY TO ALLOW WITHOUT FIXING?
8. HOW CAN I SIT WITH DISCOMFORT INSTEAD OF ESCAPING IT?
9. WHAT AM I ALLOWED TO FEEL—EVEN IF IT'S MESSY?
10. WHAT PARTS OF ME DESERVE FORGIVENESS?
11. HOW HAS SHAME SHAPED MY IDENTITY?
12. WHAT WOULD SELF-TRUST LOOK LIKE TODAY?
13. WHAT AM I PROUD OF SURVIVING?
14. HOW CAN I VALIDATE MYSELF WITHOUT EXTERNAL APPROVAL?
15. WHAT DOES SELF-COMPASSION SOUND LIKE IN MY VOICE?
16. WHAT AM I ALLOWED TO RELEASE?
17. WHAT DOES SAFETY FEEL LIKE IN MY BODY?
18. HOW CAN I COMFORT MYSELF WHEN I'M TRIGGERED?
19. WHAT WOULD LOVE SAY TO MY SHADOW?
20. WHAT HAPPENS WHEN I STOP FIGHTING THIS PART OF ME?

SHADOW WORK

RECLAIMING POWER

Day 61-80

GOAL: TO TURN WOUNDS INTO WISDOM

1. WHAT STRENGTHS LIVE INSIDE MY SHADOW?
2. HOW HAS MY PAIN MADE ME MORE AWARE OR EMPATHETIC?
3. WHAT BOUNDARIES DOES MY SHADOW NEED?
4. HOW CAN I EXPRESS ANGER IN HEALTHY WAYS?
5. WHAT TRUTH HAVE I BEEN SILENCING?
6. HOW CAN I HONOR MY NEEDS WITHOUT GUILT?
7. WHAT DOES EMOTIONAL RESPONSIBILITY LOOK LIKE FOR ME?
8. HOW CAN I RESPOND INSTEAD OF REACT?
9. WHAT PATTERNS AM I CONSCIOUSLY CHOOSING TO BREAK?
10. HOW CAN I SHOW UP MORE AUTHENTICALLY?
11. WHAT DOES MY SHADOW TEACH ME ABOUT DESIRE?
12. HOW CAN I USE MY VOICE MORE HONESTLY?
13. WHAT PART OF MYSELF AM I RECLAIMING?
14. WHAT DOES SELF-RESPECT LOOK LIKE IN ACTION?
15. HOW CAN I MEET CONFLICT WITH CLARITY INSTEAD OF FEAR?
16. WHAT AM I LEARNING ABOUT MY EMOTIONAL CAPACITY?
17. HOW DO I BALANCE SOFTNESS WITH STRENGTH?
18. WHAT AM I NO LONGER WILLING TO TOLERATE?
19. HOW DOES MY SHADOW CONTRIBUTE TO MY WHOLENESS?
20. WHAT DOES INTEGRATION FEEL LIKE INSIDE MY BODY?

SHADOW WORK EMBODIMENT

Day 81-100

GOAL: TO BE

- 1.WHO AM I WHEN I STOP PERFORMING?
- 2.WHAT DOES AUTHENTICITY MEAN TO ME NOW?
- 3.HOW DO I HONOR BOTH MY LIGHT AND DARK?
- 4.WHAT DOES EMOTIONAL MATURITY LOOK LIKE IN MY LIFE?
- 5.HOW DO I NURTURE SAFETY IN RELATIONSHIPS?
- 6.WHAT VERSION OF ME AM I BECOMING?
- 7.HOW DO I REPAIR INSTEAD OF PUNISH MYSELF?
- 8.WHAT DOES INNER PEACE FEEL LIKE—REALISTICALLY?
- 9.HOW CAN I HOLD CONTRADICTIONS WITH GRACE?
- 10.WHAT DOES SELF-TRUST LOOK LIKE LONG-TERM?
- 11.HOW DO I STAY GROUNDED DURING EMOTIONAL WAVES?
- 12.WHAT DOES “WHOLENESS” MEAN TO ME?
- 13.HOW CAN I CONTINUE THIS WORK BEYOND 100 DAYS?
- 14.WHAT HAS SURPRISED ME ABOUT MY SHADOW?
- 15.WHAT AM I GRATEFUL TO MYSELF FOR?
- 16.WHAT BELIEFS AM I CONSCIOUSLY CHOOSING NOW?
- 17.HOW DO I SHOW LOVE TO MYSELF DAILY?
- 18.WHAT DOES MY HEALED SELF UNDERSTAND?
- 19.WHAT WISDOM DID MY SHADOW GIVE ME?
- 20.WHAT PROMISE DO I MAKE TO MYSELF GOING FORWARD?