



MY SHADOW SELF VS. MY DESIRED SELF



Understanding my shadow helps me grow. Embracing my light helps me become who I truly want to be.



DIRECTIONS: Take time to reflect honestly. There are no right or wrong answers. Use this space to explore, understand, and move toward the person you want to become.

MY SHADOW SELF

The parts of me I hide, reject, or don't always want to face.



What parts of myself do I hide from others?



What traits or behaviors in me do I judge or dislike?



What emotions do I struggle to express?



What patterns hold me back or cause me pain?



What beliefs do I hold about myself?



How do I show up in relationships when I'm not at my best?

What do I need to understand or heal?

MY DESIRED SELF

The person I am becoming and choosing to create.



What qualities do I want to embody?



What kind of person do I want to be?



How do I want to feel each day?



What does living in alignment look like?



What beliefs empower me and support my growth?



How do I want to show up in my relationships?

What steps can I take to become this person?



BRIDGING THE GAP

What is one small step I can take today to move from my shadow self toward my desired self?



What support or resources can help me on this journey?



I am not my shadow. I am not perfect. I am becoming.
I choose growth. I choose me.

