



Journaling Inspiration

for shadow work

- What unhealthy habits may I have inherited?
- Where am I giving my power away?
- Where am I choosing perspectives of negativity?

“We must reject not only the stereotypes that others hold of us, but also the stereotypes that we hold of ourselves.”

—Shirley Chisholm





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- What truths am I refusing to acknowledge?
- Am I holding any grudges?
- Where am I placing expectations without clearly communicating my needs?

“There’s so much creativity in brokenness. Brokenness will have you making it work.” – Issa Rae





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- What emotions do I try to avoid feeling?
- Is there something I'm lying to myself about?
- Am I feeling insecure for some reason?

"As you become more clear about who you really are, you'll be better able to decide what is best for you - The first time around." - Oprah Winfrey





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- What have I promised to myself but not followed through with?
- Is there anything or anyone I'm taking for granted?
- What patterns have I developed from my experiences of pain?

"I'd rather regret the risks that didn't work out than the chances I didn't take at all." - Simone Biles





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- Are there any lingering triggers I've noticed lately?
- Has anything been weighing on my heart?
- Am I possibly projecting my emotions onto a situation?

"Spiritual maturity does not mean that we will never make wrong plans. In fact, spiritual maturity often means having the courage to admit we've made the wrong plans." - Beth Moore



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