

DAY 2 – Shadow Challenge

1. Where do you feel you are hiding or playing small in your life? Can you connect this to any of the areas discussed above? Family? Religion? Community? Friends?
2. How has your upbringing or family beliefs influenced the way you show up for yourself?
3. What do you want for yourself that you still struggle with or find impossible?
4. What personal, familial or religious imprints do you still have shame around?
5. Describe the area you grew up in. What were the expectations? What did most people do for work? How did you experience growing up there? What limited beliefs are stemming from this place?
6. Who in your life made you feel the most shame? What effect is this still having on you?