

Shadow Aspects

Do you find yourself judging others for any of the following?

- Being dishonest
- Being arrogant
- Being thoughtless
- Being lazy
- Being stingy

- Being conceited
- Being sarcastic
- Being impulsive
- Being obnoxious
- Being unfriendly

Are you easily able to express the following?

- Humility
- Love
- Courage
- Kindness
- Gratitude

- Honesty
- Optimism
- Confidence
- Happiness
- Strength

Is it difficult for you to overcome any of these?

- Grief
- Fear
- Addictions
- Self-Sabotage
- Envy

- Shame
- Guilt
- Depression
- Anxiety
- Projection

Please take a moment to reflect on these aspects, for they are core shadows and ones that need to be addressed for you to step into the light and be your authentic self. It's simple, but not easy—if it was, more people would be free to be themselves and not afraid to show you their true selves. I hope you're ready to start your journey on the path to health and wholeness today.