art of
financial flow

shadow work

journal

a journal from

alisonreeves.co

BUSINESS & MARKETING COACH

the SHADOW WORK JOURNAL

Welcome to your 30-day self-coaching journal for shadow work!

This journal is designed to help you explore the unconscious parts of yourself and to bring them into conscious awareness in a safe and supportive way.

The process of shadow work can be challenging, but it is also an important step in personal growth and self-awareness.

By taking the time to reflect on your thoughts, feelings, and behaviors, you can gain insight into your unconscious patterns and beliefs, and learn how to make positive changes in your life.

Shadow work can encompass a wide range of topics and themes, but there are generally three main areas that are explored:

- **Emotions:** The shadow often contains difficult or unresolved emotions, such as anger, fear, sadness, or shame. These emotions may have been suppressed, denied, or rejected at some point in the past, and they can have a powerful influence on our thoughts, behaviors, and relationships.
- **Beliefs and values:** The shadow can also contain beliefs and values that conflict with our conscious attitudes and worldview. For example, we may have a conscious belief that we are worthy and deserving of love but an unconscious belief that we are not good enough or unworthy of love.
- **Patterns and behaviors:** The shadow can also contain patterns of behavior or habits that are harmful or self-sabotaging. These patterns may be driven by unconscious beliefs or emotions, and they can be difficult to change without exploring the underlying issues in the shadow.

Each day of this journal will focus on one of these three areas of the shadow, with prompts and questions designed to help you reflect on your thoughts, feelings, and behaviors. By exploring these three areas of the shadow, you can gain insight into your unconscious patterns and beliefs and learn how to make positive changes in your life.

MEET THE AUTHOR

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(Author & Coach

Blogging since 2011, and business coaching since 2017, I help companies scale their income by combining strategic business consulting with mindset restoration.

The first time I remember worrying about money, I was about seven years old.

We moved from one neighborhood in Houston to another, and I must have been able to sense my parents' stress, because I was worried enough to ask my mom, "How much did it cost to move?"

She answered a number that felt astronomical.

($300.)

I wondered how we could afford it, and I thought, What would we do if we couldn't pay for it? How close were we to complete financial ruin? What would it be like to be homeless?

Keep in mind, we were a perfectly middle-class family.
So where did my money anxiety come from?

I'm sure it came from multiple sources.

But why did my parents have money anxiety if we had everything we needed?

This is one of the first signs of something I wouldn't put my own words to until 2022:

If you're worried about money when you don't have it, but still worried about money when you do, then it was never about the money.

DATE: _____

PROMPT: WHEN WAS THE FIRST TIME YOU REMEMBER WORRYING ABOUT MONEY?

REFLECTION

Reread your answer. What does your answer tell you about yourself and your past?

What is one thing that I can do right now to start making positive changes based on my insights?

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30 DAYS

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EMOTIONAL PROMPTS

DAYS 1-10

DAY 01

DATE: _____

EMOTIONAL PROMPTS

- What emotion do you tend to avoid the most, and why?
- When was the last time you felt deeply sad? How did you respond to that sadness?
- How do you usually express anger? What does your anger need to say?

DAY 02

DATE: _____

EMOTIONAL PROMPTS

- What situations trigger jealousy or envy in you? What is it pointing to in your life?
- What emotion do you feel when you're not in control, and how do you handle it?
- When you feel overwhelmed, what underlying emotions are you possibly ignoring?

DAY 03

DATE: _____

EMOTIONAL PROMPTS

- How does fear show up in your body, and what message might it have for you?
- Think about a time when you felt rejected. How did you process that rejection emotionally?
- What are your biggest emotional triggers, and what do they reveal about your past?

DAY 04

DATE: _____

EMOTIONAL PROMPTS

- Reflect on a time you felt ashamed. What is your relationship with that emotion now?
- What emotion do you find hardest to express, and how do you suppress it?
- How does guilt play a role in your emotional life, and what is it asking of you?

DAY 05

DATE: _____

EMOTIONAL PROMPTS

- What makes you feel emotionally safe? How can you create more of that for yourself?
- When have you felt emotionally abandoned, and what did that experience teach you?
- How do you feel about vulnerability, and what emotions arise when you are vulnerable?

DAY 06

DATE: _____

EMOTIONAL PROMPTS

- What does sadness teach you about yourself, and how can you better honor it?
- How does your self-worth affect the way you handle emotional pain?
- What emotion comes up when you feel criticized, and how do you typically respond?

DAY 07

DATE: _____

EMOTIONAL PROMPTS

- What emotions do you hide from others, and why?
- How do you deal with disappointment, and what are your emotions telling you in those moments?
- When you feel joy, is there an emotion that follows it or tries to diminish it?

DAY 08

DATE: _____

EMOTIONAL PROMPTS

- How has fear stopped you from fully feeling your emotions?
- How do you handle emotional discomfort, and what could happen if you fully sat with it?
- What emotion do you struggle to control, and what is it asking you to release?

DAY 09

DATE: _____

EMOTIONAL PROMPTS

- What makes you feel most emotionally connected to others?
- How have your past experiences shaped the way you process your emotions?
- What emotions do you tend to project onto others, and what is the root of that

DAY 10

DATE: _____

EMOTIONAL PROMPTS

- When was the last time you felt truly heard emotionally, and how did that impact you?
- What emotions come up when you feel lonely, and how do you cope with them?
- What part of your emotional world are you most afraid to explore, and why?

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BELIEFS PROMPTS

DAYS 11-20

DAY 11

"I am worthy of creating a life that aligns with my values and goals."

What comes up for you when reading this statement?

DAY 12

"I am capable of achieving my dreams and reaching my full potential."

What comes up for you when reading this statement?

DAY 13

"I deserve abundance and prosperity in all areas of my life."

What comes up for you when reading this statement?

DAY 14

"I am worthy of love, happiness, and joy."

What comes up for you when reading this statement?

DAY 15

"I am worthy of healthy and fulfilling relationships."

What comes up for you when reading this statement?

DAY 16

"I am worthy of self-care and self-compassion."

What comes up for you when reading this statement?

DAY 17

"I am capable of creating positive change in the world."

What comes up for you when reading this statement?

DAY 18

"I am worthy of forgiveness, both from myself and others."

What comes up for you when reading this statement?

DAY 19

"I am enough, just as I am."

What comes up for you when reading this statement?

DAY 20

"I deserve a life that brings me fulfillment and purpose."

What comes up for you when reading this statement?

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PATTERNS & BEHAVIORS

DAY 21 - 30

DAY 21

PROCRASTINATION

Putting off tasks or responsibilities until the last minute or avoiding them altogether.

Example: Putting off studying for a test until the night before or avoiding starting a difficult task until it is absolutely necessary.

In which areas of my life do I express this behavior?

DAY 22

PERFECTIONISM

Holding oneself to unrealistic or unattainable standards or being overly critical of oneself or others.

Example: Refusing to turn in a project until it is "perfect" or constantly criticizing oneself or others for not meeting unrealistic standards.

In which areas of my life do I express this behavior?

DAY 23

DISORGANIZATION

Struggling to manage time, tasks, or resources effectively.

Example: Struggling to keep track of important documents or deadlines or frequently losing or misplacing items.

In which areas of my life do I express this behavior?

DAY 24

LACK OF BOUNDARIES

Failing to set or enforce healthy boundaries with others or being a "people pleaser."

Example: Agreeing to take on additional tasks or responsibilities even when it is not feasible or failing to set limits with others to avoid confrontation or disappointment.

In which areas of my life do I express this behavior?

DAY 25

NEGATIVE SELF-TALK

Engaging in critical or self-defeating thoughts about oneself or others.

Example: Belittling oneself or others or constantly doubting one's own abilities or worth.

In which areas of my life do I express this behavior?

DAY 26

IMPULSIVITY

Acting without thinking through the consequences or taking unnecessary risks.

Example: Making impulsive or risky decisions without considering the consequences or acting on immediate desires without thinking about the long-term effects.

In which areas of my life do I express this behavior?

DAY 27

LACK OF SELF-CARE

Neglecting one's own physical, emotional, or mental well-being.

Example: Neglecting one's own physical, emotional, or mental well-being, such as by skipping meals or not getting enough sleep.

In which areas of my life do I express this behavior?

DAY 28

EXCESSIVE WORRY OR ANXIETY

Struggling to manage stress or anxiety in a healthy way.

Example: Constantly dwelling on negative thoughts or stressing about potential problems, or struggling to manage stress or anxiety in a healthy way.

In which areas of my life do I express this behavior?

DAY 29

AVOIDANCE

Avoiding tasks, responsibilities, or situations that make one feel uncomfortable, anxious, or overwhelmed.

Example: Avoiding social situations or avoiding confrontation or difficult conversations.

In which areas of my life do I express this behavior?

DAY 30

DEPENDENCE

Relying on others for validation, support, or decision-making, rather than taking responsibility for oneself.

Example: Seeking approval or validation from others before making decisions or relying on others to solve problems or manage one's own responsibilities.

In which areas of my life do I express this behavior?