

Shadow Work Journal Prompts for Spiritual Development

Am I fully connected to my spiritual path or purpose? Why/Why not? What are some ways I can try to connect more fully?

What are some of the ways in which I am not open to receiving divine guidance or messages?

Describe a time I trusted my intuition and it worked out.

Do I trust the Universe/ Source/God/the Goddess to support me? Why/Why not?

What are some of the ways I'm not fully surrendering to the flow of life and allowing things to unfold naturally?

Are there any ways I'm not practicing self-love and self-compassion in my daily life?

Do I practice forgiveness? Am I able to let go of past hurts or resentments?

What are my spiritual values and beliefs? What are some ways I'm not fully living in alignment with them?

What are some of the ways in which I'm not honoring my true self or living authentically?

What are some of the ways in which I am not fully embracing my spiritual gifts or talents and using them to serve others?