

# Shadow Work Journal Prompts for accessing the golden shadow

List 10 dreams or goals that I have for my life, but haven't yet pursued.

What are some of the talents or skills that I possess, but haven't fully developed or utilized?

What are some of the skills or talents I admire in others, but don't believe I could ever possess? Why not?

Describe the limiting beliefs I hold about my abilities, or potential.

What are some of the fears that hold me back from pursuing my passions or taking risks? What would be the worst that could happen, if those fears came true?

List 5 ways in which I can step out of my comfort zone and challenge myself to grow today.

Describe a time I pushed myself to take a risk. What were my fears? What actually happened?

What are some of the ways in which I can overcome self-doubt and build self-confidence in my abilities?

Describe how I am not currently aligning my actions and behaviors, with my goals and desires. How can I change that?

What are some of the ways in which I can seek out mentors or role models who inspire me to reach my full potential?

What are some of the ways in which I can take action toward achieving my goals and fulfilling my potential?