

Shadow Work Journal Prompts to Expand your Consciousness

What is my biggest fear? Why?

What is my biggest regret in life? Why?

What is something I'm afraid to admit to myself? Why?

Describe something I have been avoiding. Why have I been avoiding it?
What's the worst thing that could happen if I faced it? What's the best thing
that could happen if I faced it?

What is something I feel guilty about? Why? Where do I think the guilt
comes from?

What are the 3 core values that I hold most dear? How do they influence my
decisions and actions?

What are some of the ways in which I'm not fully living in alignment with
these core values?

Describe something I have been hiding. Why do I believe it needs to be
hidden? What happened to make me believe that?

List some of the fears and insecurities that are holding me back from living
my best life.

Is there something I've been pretending not to desire? Why have I been
denying it?