

Shadow Work, Abundance & Self-Worth: Workshop Questions

A transformational guide for self-discovery, reflection, and empowerment.

Shadow Work | Dive Into the Hidden Self

- - What parts of yourself have you rejected, suppressed, or hidden—and why?
- - Who triggers you—and what does that trigger reveal about your unhealed parts?
- - When was the first time you felt like you weren't "enough"?
- - What is your shadow trying to protect you from?
- - What's a truth you've been avoiding—but know you need to face?

Abundance | Reclaiming Your Birthright

- - Where in your life are you living from scarcity—emotionally, financially, spiritually?
- - What does true abundance look like beyond material things?
- - What are three ways you're already abundant that you rarely acknowledge?
- - What limiting beliefs about money, worth, or receiving were passed down to you?
- - What would it feel like to fully receive—without guilt or conditions?

Self-Worth | Owning Your Inner Light

- - When do you feel most powerful—and what dims that power?
- - How do you treat yourself when no one's watching?
- - What makes you worthy—without needing to prove anything?
- - What story about your worth are you rewriting right now?
- - If you truly loved and honored yourself, what would you no longer tolerate?

Closing Integration Questions

- - What was your biggest "aha" moment today?
- - What version of you are you ready to release—and who are you calling in?
- - How can you hold space for both your shadow and your light with love?
- - What's one aligned action you'll take in the next 24 hours?
- - How will you continue nurturing your self-worth and abundance moving forward?