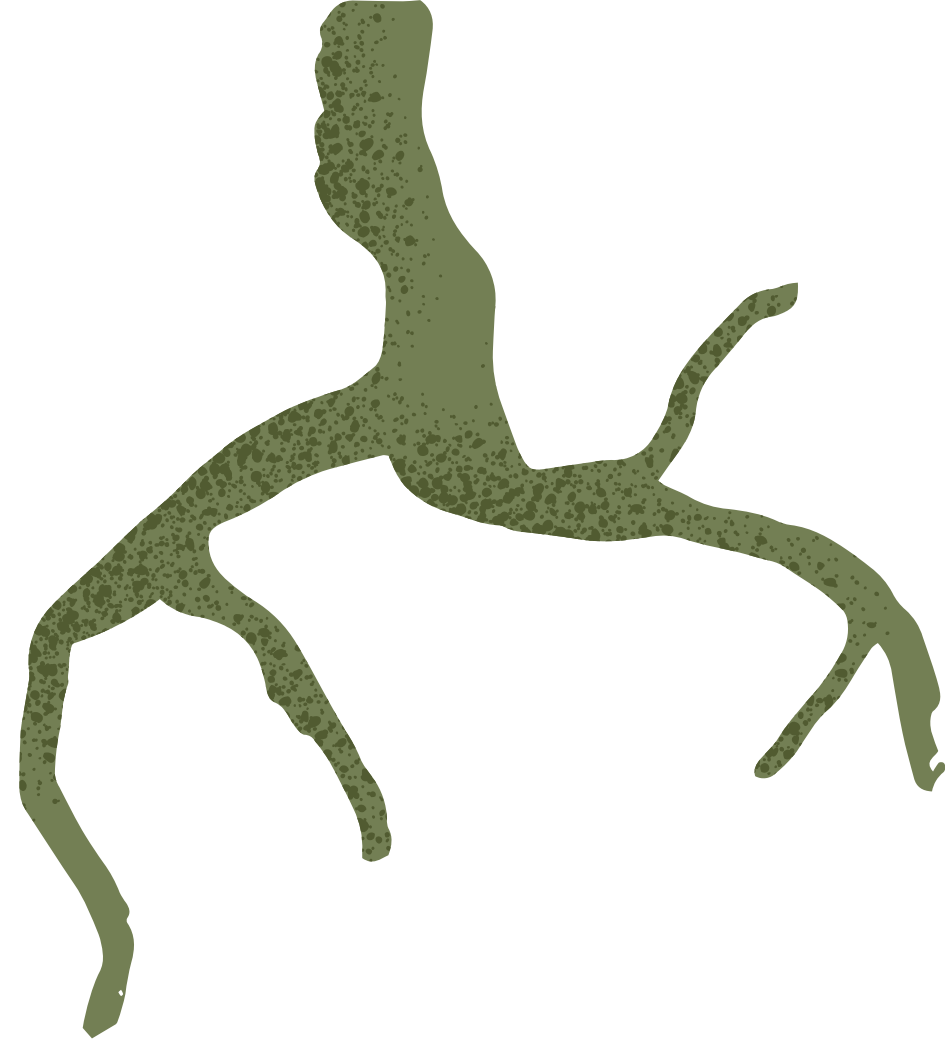


ART OF WELLBEING

SHADOWS
&
SELF-LOVE

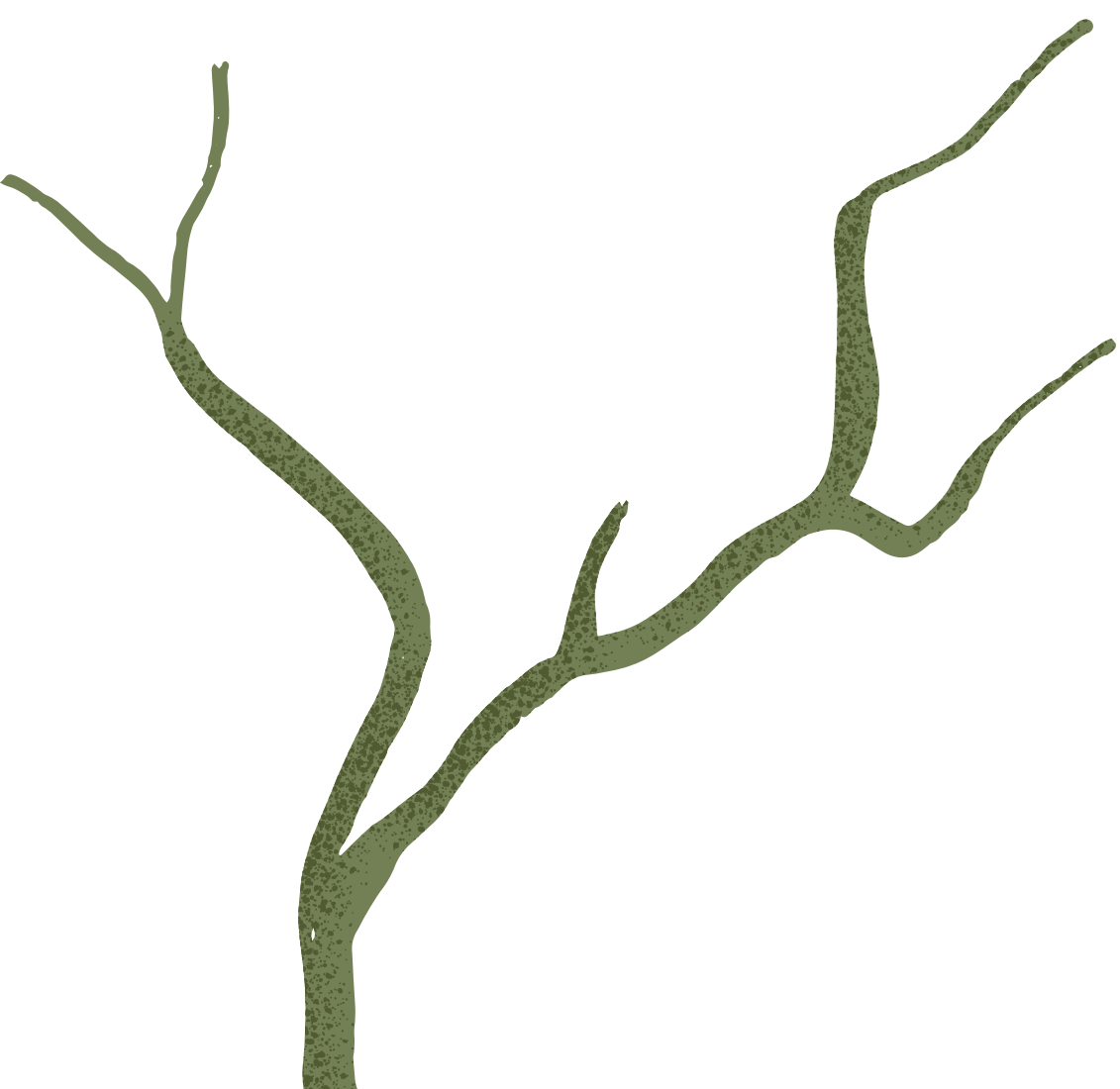
ALIGNING TO WHOLENESS

RYAN SNOW AND JAIDE IZON



SHADOW & SELF
LOVE JOURNAL

QUESTIONS TO
DEEPEN SELF
AWARENESS





1. Do I feel grounded and secure with myself?
2. Do I feel safe inside my body?
3. Do I maintain healthy boundaries with myself?
4. Do I maintain healthy boundaries with others?
5. When reacting, what behavior am I most prone to? (Examples: Freezing, withdrawal, anger, yelling, crying, appeasing, etc)



6. Do I feel satisfied with life? What would I like more of?
7. Do I feel worthy of happiness? In what ways do I feel unworthy?
8. How is my balance between pleasure and indulgence?
9. Do I feel confident in myself and around others?
10. Do I give my power away easily? Do I struggle allowing others to be in control?



11. Do I feel motivated? Am I a self-starter?

12. How is my physical vitality & energy?

13. Do I feel capable of handling my own
welfare?

14. Do I have a healthy balance between rest
and productivity?

15. Do I feel confident in my ability to create my
life?



16. Do I feel compassion or empathy towards others?

17. Do I feel compassion and empathy for myself?

18. Do I feel capable of forgiveness to others?

19. Do I feel capable of forgiving myself?

20. Do I feel comfortable receiving love and compliments?

QUESTIONS TO ASK

WHEN FEELING TRIGGERED

1. What about this makes me uncomfortable?
2. Does this remind me of a certain pattern I experience in my life?
3. Was I feeling upset or off before the experience?
4. Do I feel safe expressing my needs in this situation?
5. Is the situation in my control?
6. What are my emotions telling me right now?
7. How can I best honor how I feel?
8. How can I best communicate my needs?
9. Do I need space to settle before responding?
10. Have I ever acted in this way that is triggering me?

TIP: Practicing The Pause

Get into the habit of taking a breath and asking yourself "Am I Ready to Respond?"

A Practice in Forgiveness

Ho'Opono'ono

Write down one thing you feel need to forgive yourself for. Pull all the sensations from the memory into the body. Sit with it for a few breaths and then flood it with light. **Say to yourself "I'm Sorry, Please Forgive me, Thank you, I Love you"**



CREATE A MORNING ROUTINE

Things to consider when creating a morning routine:

- Time: The time you spend must be manageable and feel good. If the routine is too long it will be hard to stick with.
- Include a breath practice or meditation, body practice/ movement and an act of intentional affirmation.
- Find a space that you can cultivate that is special for you and this practice, an idea here would be a small altar or mat you lay down.

Mind / Meditation/ Breath

Body/ Movement/ Stretching

Affirmation Practice

TRIGGER STATEMENTS



PROMPTS TO ASK YOURSELF WHEN FEELING TRIGGERED:

I felt excluded

I felt powerless

I felt unheard

I felt scolded

I felt blamed

I felt disrespected

I felt a lack of affection

I felt I couldn't speak up

I felt lonely

I felt ignored

I felt I couldn't be honest

I felt like the bad guy

I felt forgotten

I felt unseen & unheard

I felt unsafe & unsupported

I felt unloved

I felt like I was treated unfair

I felt frustrated

I felt grief

I felt disconnected

I felt trapped

I felt a lack of passion

I felt uncared for

I felt manipulated

I felt controlled

