

Coach Ra's Shadow Self

Ask YOURSELF...

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Let the questions begin.

What does your inner child desperately need  
to hear from you today?

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Can you identify a recurring theme or pattern in your life that you feel powerless to change? What might this be protecting you from?

What activities or hobbies make you lose track of time and how can you incorporate more of that into your daily life?

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Think about a time you felt misunderstood as a child. How has that moment shaped your communication or relationships today?

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What are you avoiding by maintaining the status quo, and what fears arise when you think about changing it?

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If you could confront a person who has significantly impacted your life, what would you say to them, and if you haven't told them why haven't you said it yet?

Good or Indifferent

What part of yourself are you denying or  
suppressing because you believe it's not  
acceptable to others?

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When was the last time you felt truly loved  
and supported? What actions or behaviors  
made you feel this way?

Imagine your life five years from now if nothing changes. What does this look like, and how does it make you feel?

What does forgiveness mean to you, and who  
in your life needs it most right now, including  
yourself?

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