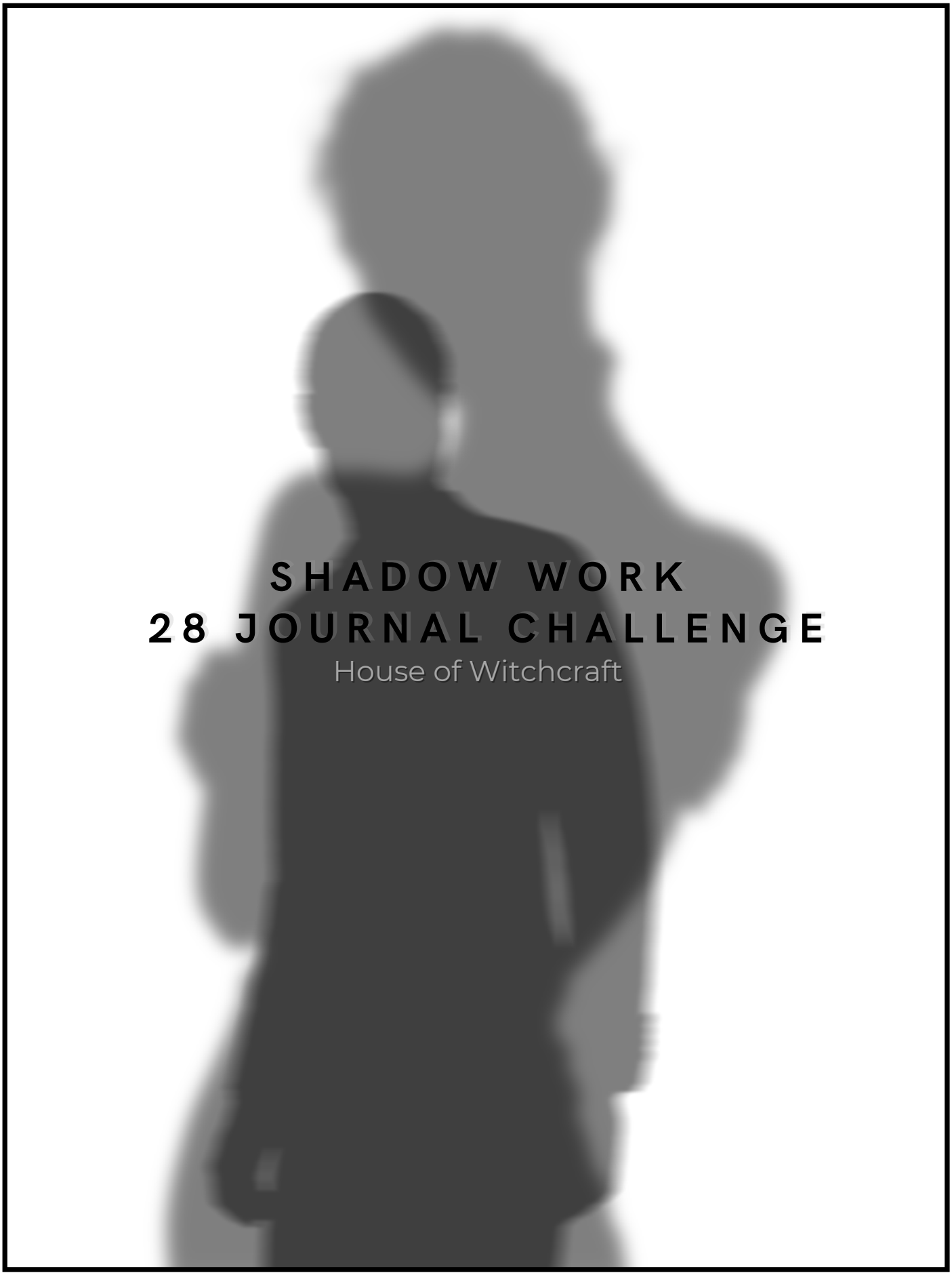


SHADOW WORK
28 JOURNAL CHALLENGE

House of Witchcraft

The Shadow Work Challenge is a way to take 28 days to discover your shadow self through simple daily tasks. Discover your shadow self through the daily writing prompts. The list is designed to help you face your inner darkness, acknowledge it for what it is, and begin the process of healing yourself.

This daily journal challenge will ask you questions about things you might not be proud of or want people to know about you. It's 28 days of simple honesty that will bring you clarity and give you a better understanding of who you are.

Journaling is a great tool for self-discovery, but it can be difficult to keep up with every day, which is why these prompts have been designed to get your daily writing going in just a few minutes each morning. By the end of the 28 days, you will have a completed journal filled with insights into yourself.

The goal of this journal challenge is to help you gain clarity on yourself. It's designed in a way that allows you to see your shadow side and address it with the intention of bringing more light into your life.

Goals Of The 28 Day Shadow Work Challenge

To become aware of our shadow self. To take note of our self-sabotaging behaviors. To understand why we have these behaviors. To love and accept our shadows.

DAY 1

What is something you keep secret from most people?

DAY 2

What does your ideal day look like?

DAY 3

If you could change anything about your life, what would it be and why?

DAY 4

Who in your life do you feel the most disconnected from?

DAY 5

What makes you uncomfortable talking about?

DAY 6

What makes you feel weak?

DAY 7

How do you deal with sadness?

DAY 8

What are some things you want to let go of?

DAY 9

If you could say anything to someone without fear of consequences, what would you say?

DAY 10

What are your favorite ways to hide from the world?

DAY 11

Why are you afraid of yourself/of being who you are?

DAY 12

When was the last time you were honest with yourself about something that upset you? How did it make you feel?

DAY 13

What challenges you to grow in a positive?

DAY 14

How do you deal with grief and loss?

DAY 15

What is one thing about yourself that makes you feel unworthy or undeserving of love/positive attention? Why do you feel this way?

DAY 16

In what ways are you your own worst enemy?

DAY 17

What do you find impossible to forgive yourself for?

DAY 18

How do you react when someone confronts you about something?

DAY 19

What is one thing you wish people knew about you that they don't know already?

DAY 20

How do you deal with change or new beginnings?

DAY 21

What do you need to say to someone in your life but are afraid to?

DAY 22

What is one thing you want people to take more seriously?

DAY 23

How do you handle situations where people take advantage of your kindness or good nature?

DAY 24

Have you ever felt lost in the shadows of depression or self-loathing? If so, how did you make it out of that dark place?

DAY 25

How do you deal with your inner critic when it starts to tear you down and tell you that who you are isn't good enough?

DAY 26

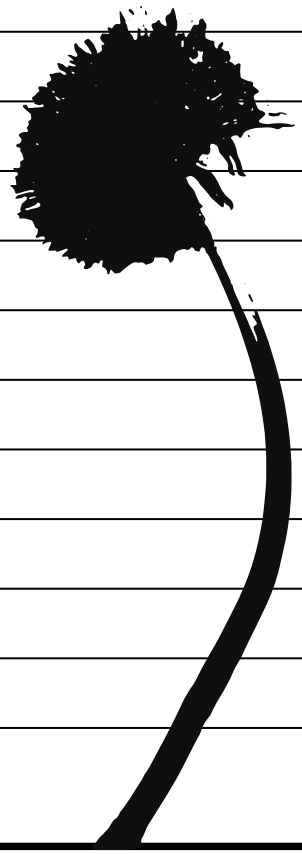
To what extent have you been hurt in life emotionally, physically, or verbally? How did this make you feel?

DAY 27

What is one thing you can do for yourself today to make sure your needs are met and your well-being is a priority?

DAY 28

What is something that has always been a challenge for you but with time, patience, and self-compassion, you can get past it?



HOUSE OF WITCHCRAFT

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Questions? Feedback?

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