


Shadow Work Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Choose a recent trigger, reaction, or recurring pattern to explore
 - Describe the trigger honestly — what happened, what you felt, how intensely
 - Locate the emotions in your body — physical sensations are data
 - Identify the core belief: what story did your mind create about yourself?
 - Trace the belief to its origin — usually a childhood experience
 - Write an integration message: speak to this part of yourself with compassion
 - Find the positive reframe: every shadow protects a hidden gift



Scan for a detailed guide on how to use this journal

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