

Self-Love through the Archetypes

Day 6: Embracing All of Who You Are

Questions from the video:

What are the qualities you claimed from the Shadow and the Golden Shadow?

When you look at the characteristics and qualities from the Shadow, can you see the ways these qualities have served you well, even if they aren't helpful now?

How can you honor these parts that you don't want to own?

In what ways can you tweak your gifts to serve you best in your life now?

Diving deeper:

How can you use your Golden Shadow gifts more, even if you don't see yourself as those qualities yet?

How can you use your gifts to help you through your current challenges?

How can you use your Inner Sage to talk to your Inner Critic in order to embrace your gifts in ways they can help you?

What can you commit to around embracing your Inner Sage and their wisdom?

List 10 things you can do to grow your Golden Shadow gifts.