



*Contemplation Prompts*  
**SHADOW  
EXPLORATION**

# Contemplation Prompts

shadow exploration

- Is there something I'm lying to myself about?

- What emotions do I try to avoid feeling?

- Am I feeling insecure for some reason?

"As you become more clear about who you really are, you'll be better able to decide what is best for you - The first time around." - Oprah Winfrey

# Contemplation Prompts

## shadow exploration

- What unhealthy habits may I have inherited?
- Where am I giving my power away?
- Where am I choosing perspectives of negativity?

*"We must reject not only the stereotypes that others hold of us, but also the stereotypes that we hold of ourselves."*  
—Shirley Chisholm

# Contemplation Prompts

## shadow exploration

- What have I promised to myself but not followed through with?

- Is there anything or anyone I'm taking for granted?

- What patterns have I developed from my experiences of pain?

"I'd rather regret the risks that didn't work out than the chances I didn't take at all."

- Simone Biles

# Contemplation Prompts

## shadow exploration

- Are there any lingering triggers I've noticed lately?
- Has anything been weighing on my heart?
- Am I possibly projecting my emotions onto a situation?

"Spiritual maturity does not mean that we will never make wrong plans. In fact, spiritual maturity often means having the courage to admit we've made the wrong plans." – Beth Moore