



PATH OF THE AUTHENTIC SPIRIT: A TRANSFORMATIVE ADVENTURE INTO SOULFUL EXISTENCE

A 30 Day Shadow Work Journal by Gen Rodriguez

Dear Journal Writer,

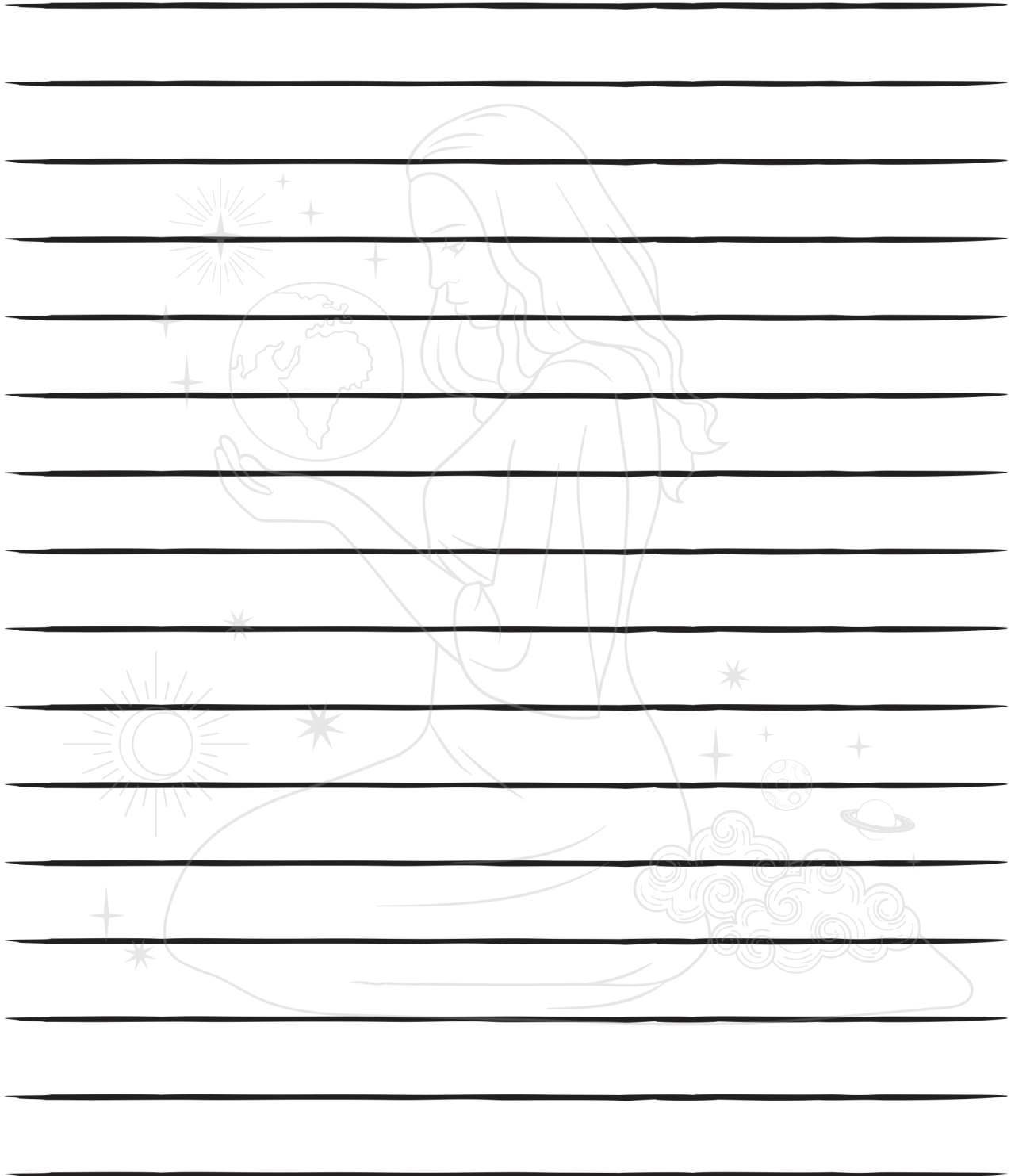
I am truly grateful that you have chosen to embark on this transformative journey using these journal prompts. Your willingness to explore your innermost thoughts and emotions is an act of courage and self-love, and I commend you for taking this step towards personal growth. As you work through these 30 days, remember that this is your journey, and there is no right or wrong way to engage with it. Embrace each moment with an open heart and a curious mind.

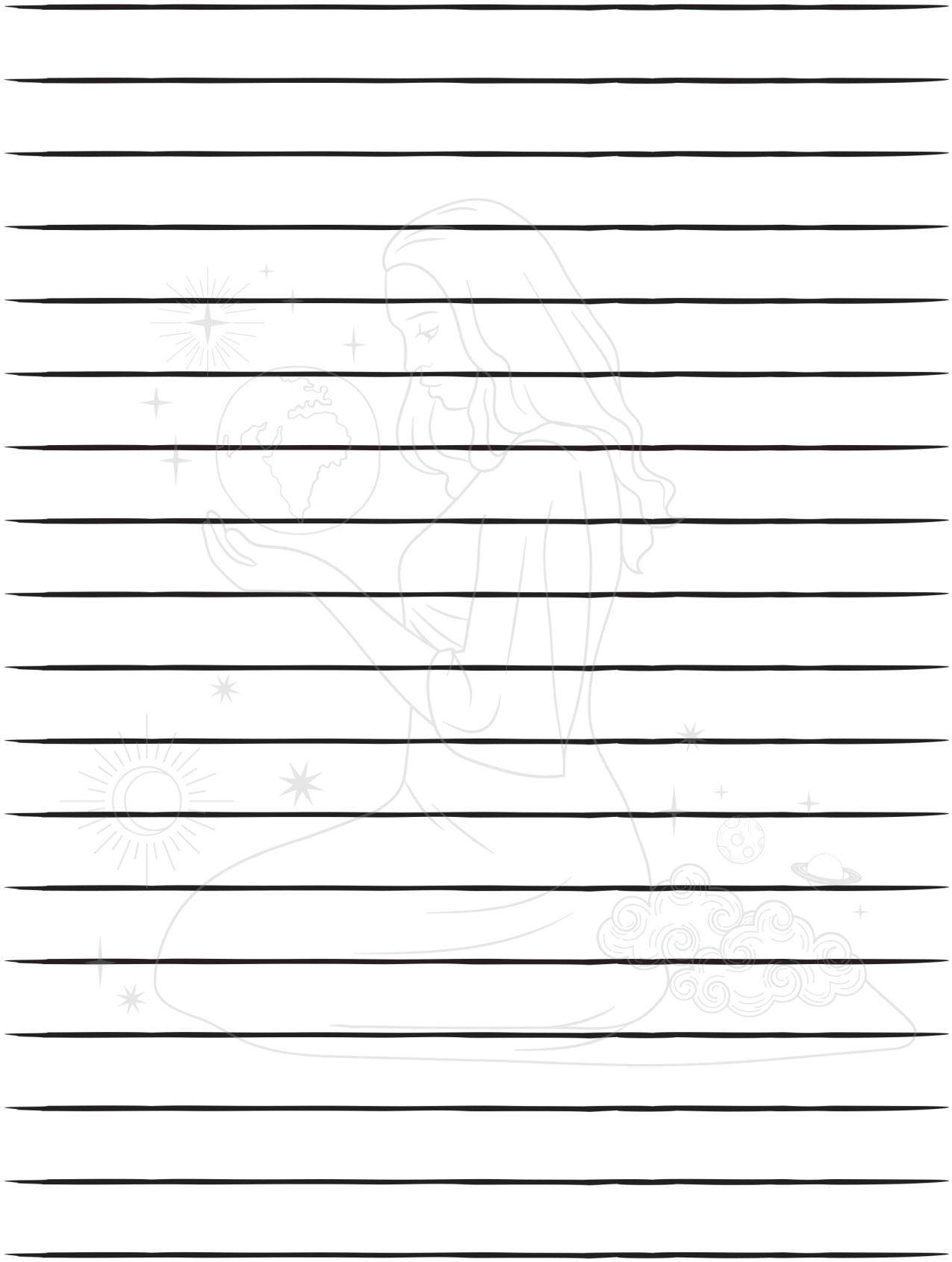
Please know that the path of self-discovery can be both rewarding and challenging, but the insights and growth you will gain are invaluable. As you navigate through these prompts, I encourage you to practice self-compassion and patience with yourself. Be gentle and understanding as you uncover hidden aspects of your being, and remember that transformation takes time. I wholeheartedly wish you the best on this incredible journey, and may you emerge stronger, more self-aware, and more at peace with yourself.

I'll see you on the other side,

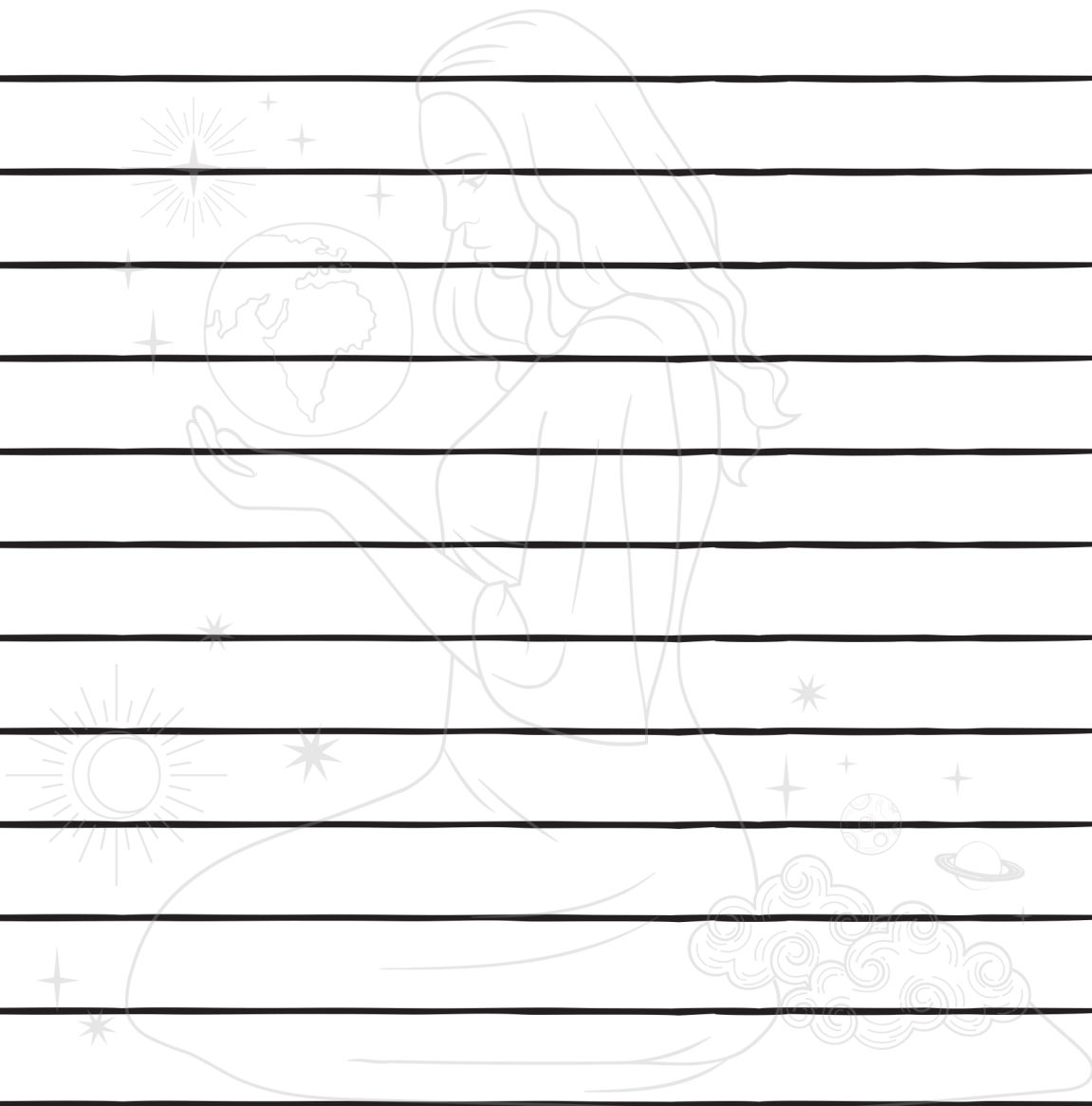
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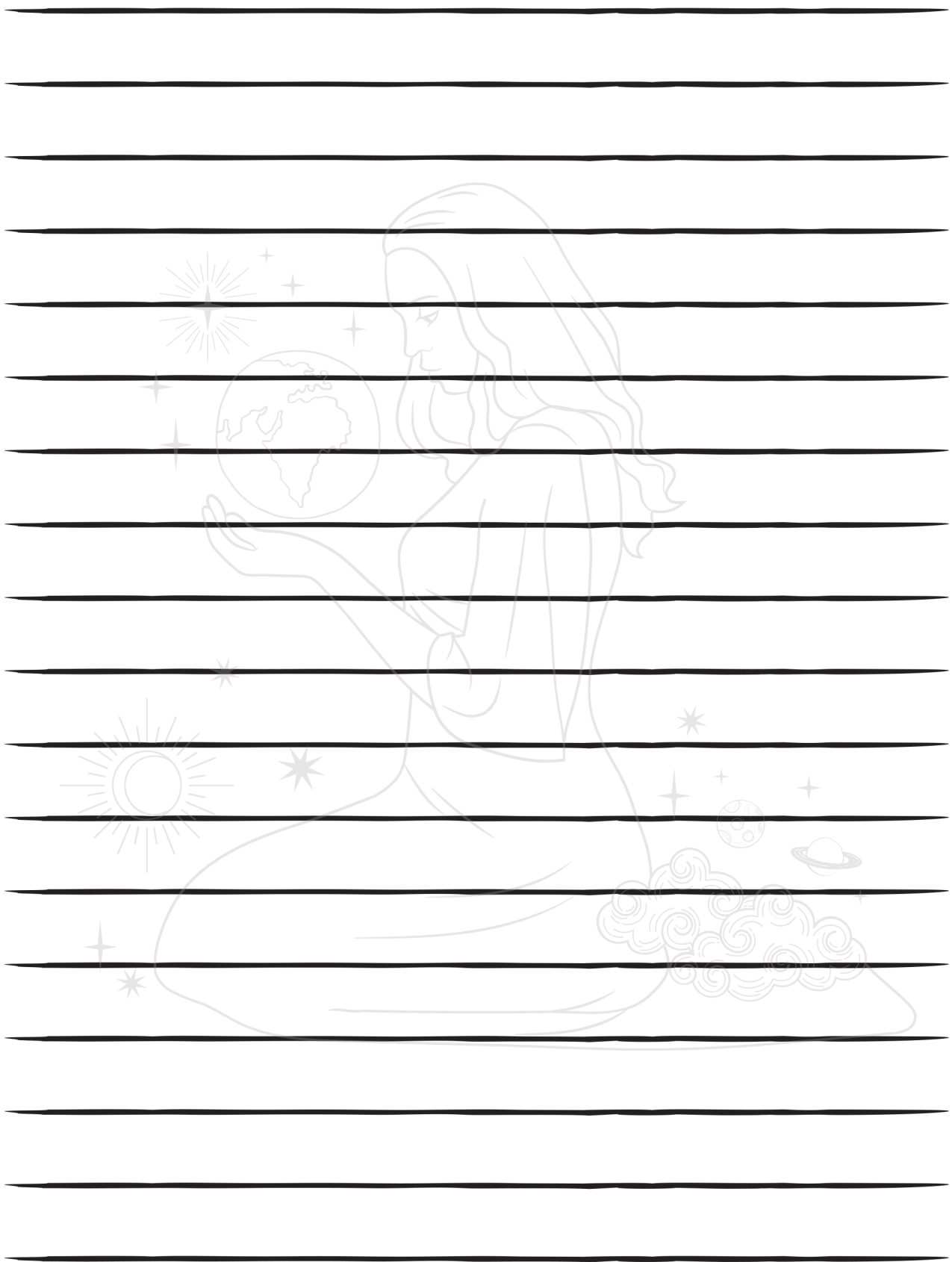
In what situations do you tend to avoid facing
your emotions? Why?



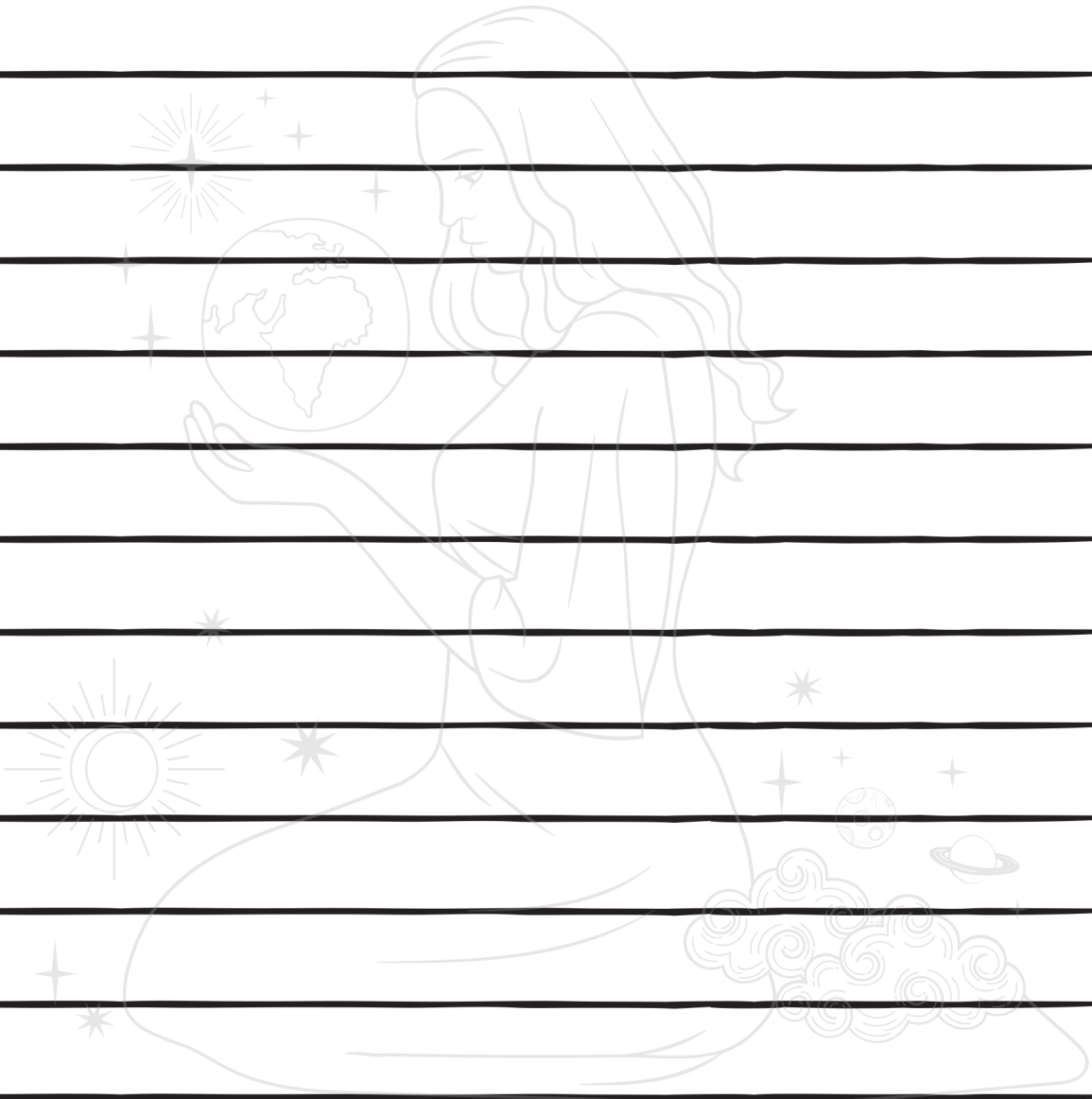


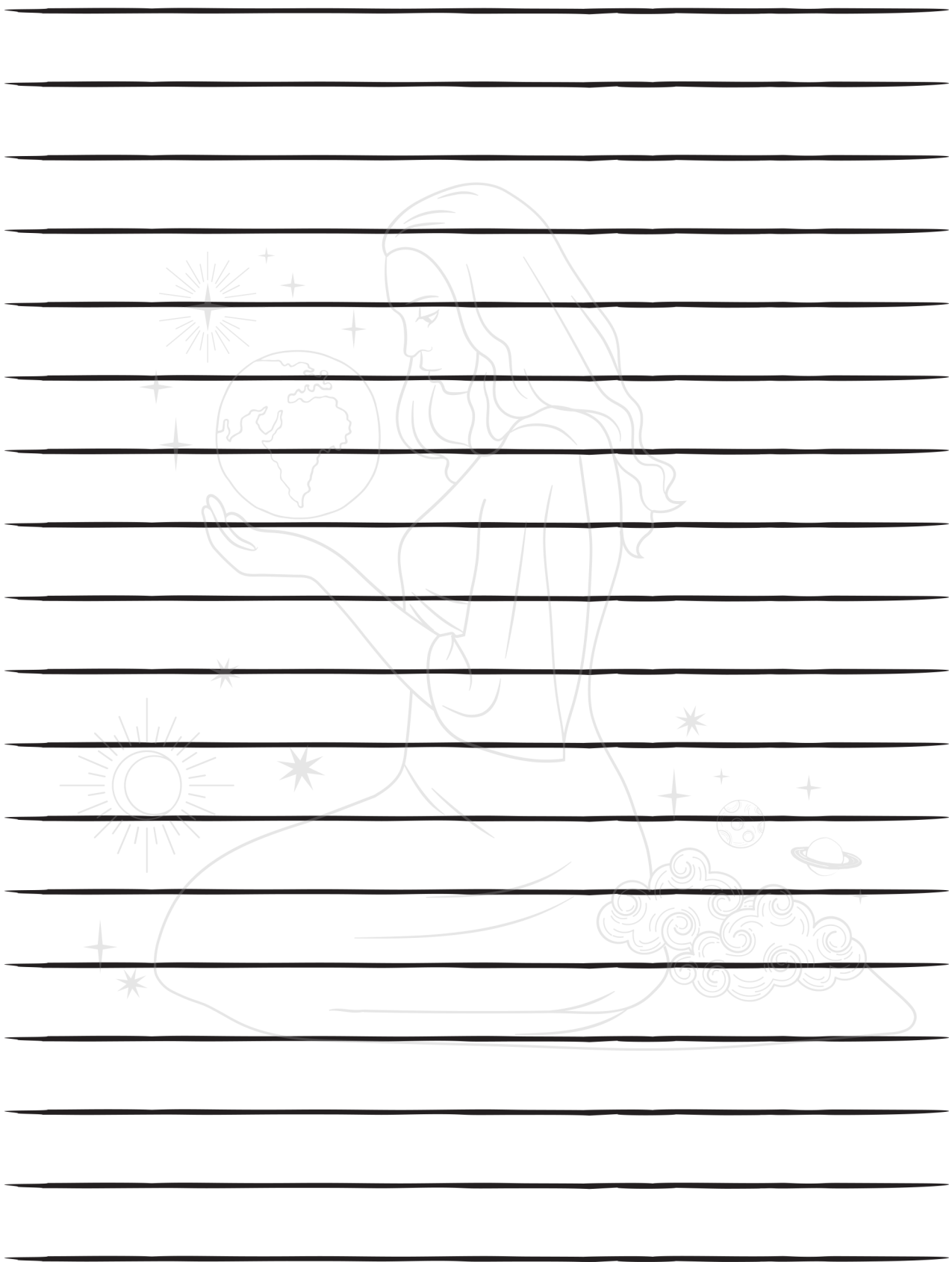
Reflect on a time you felt defensive or angry.
What might have triggered these emotions?



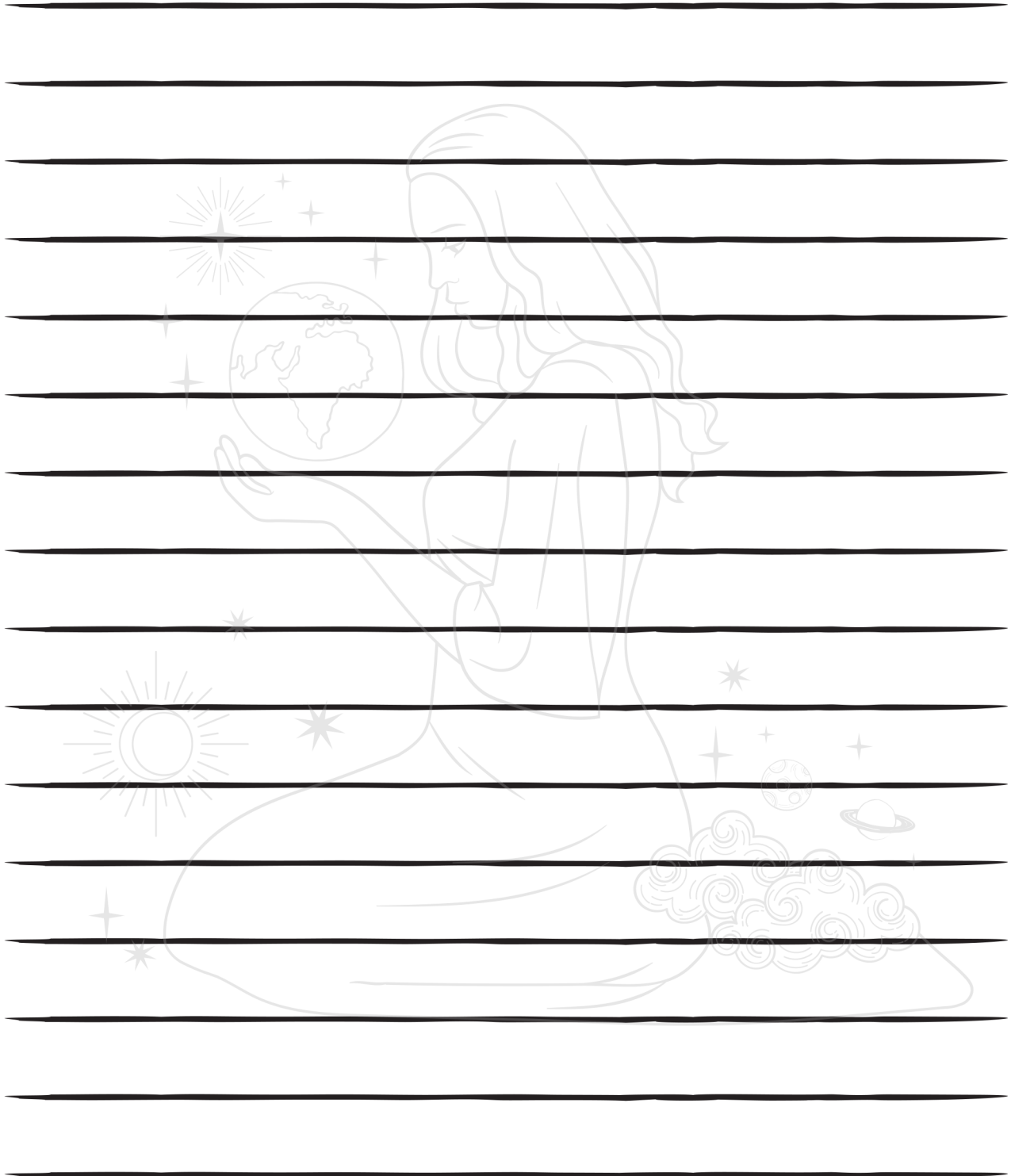


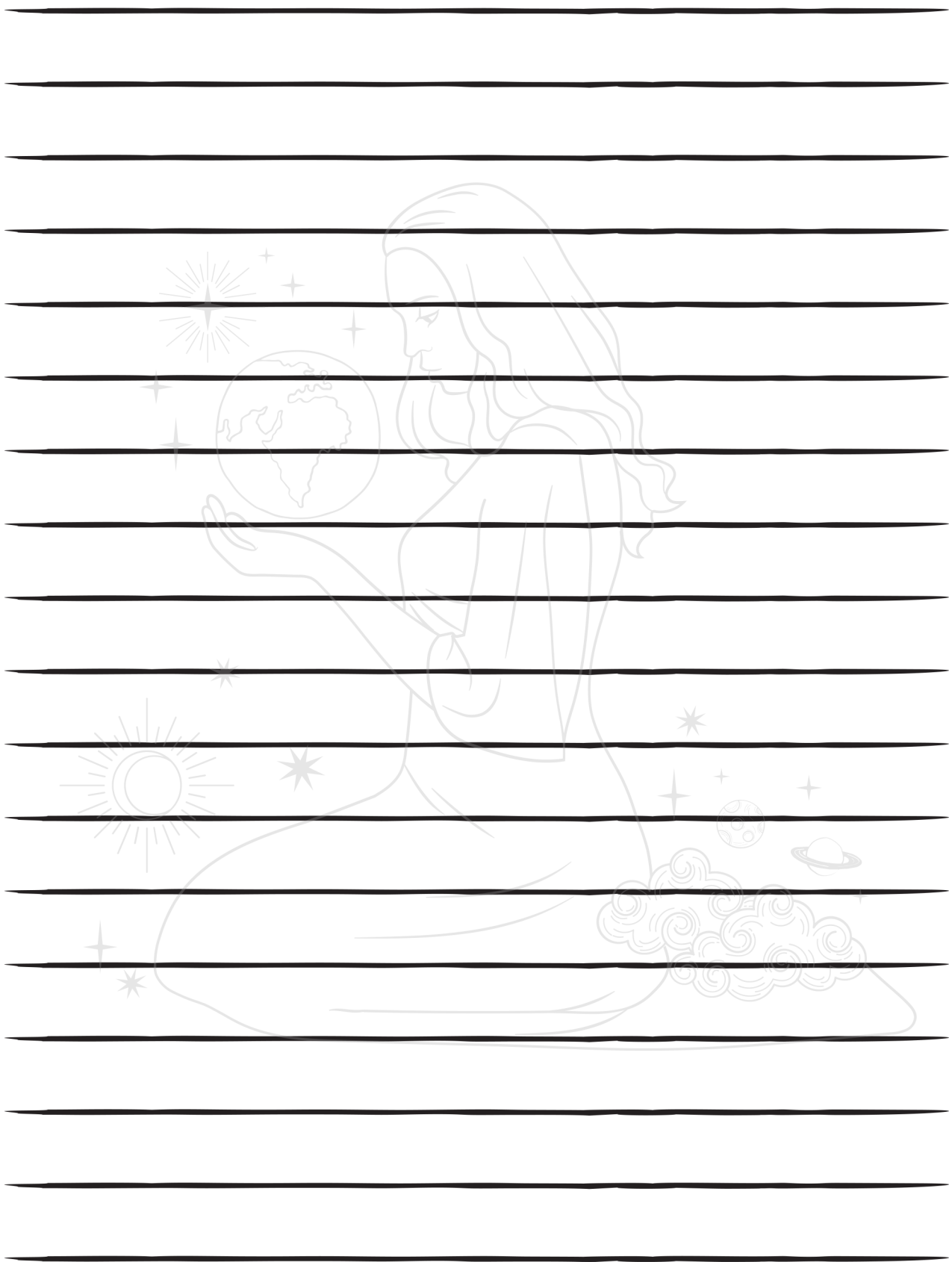
How do your past experiences shape your current behavior and reactions?



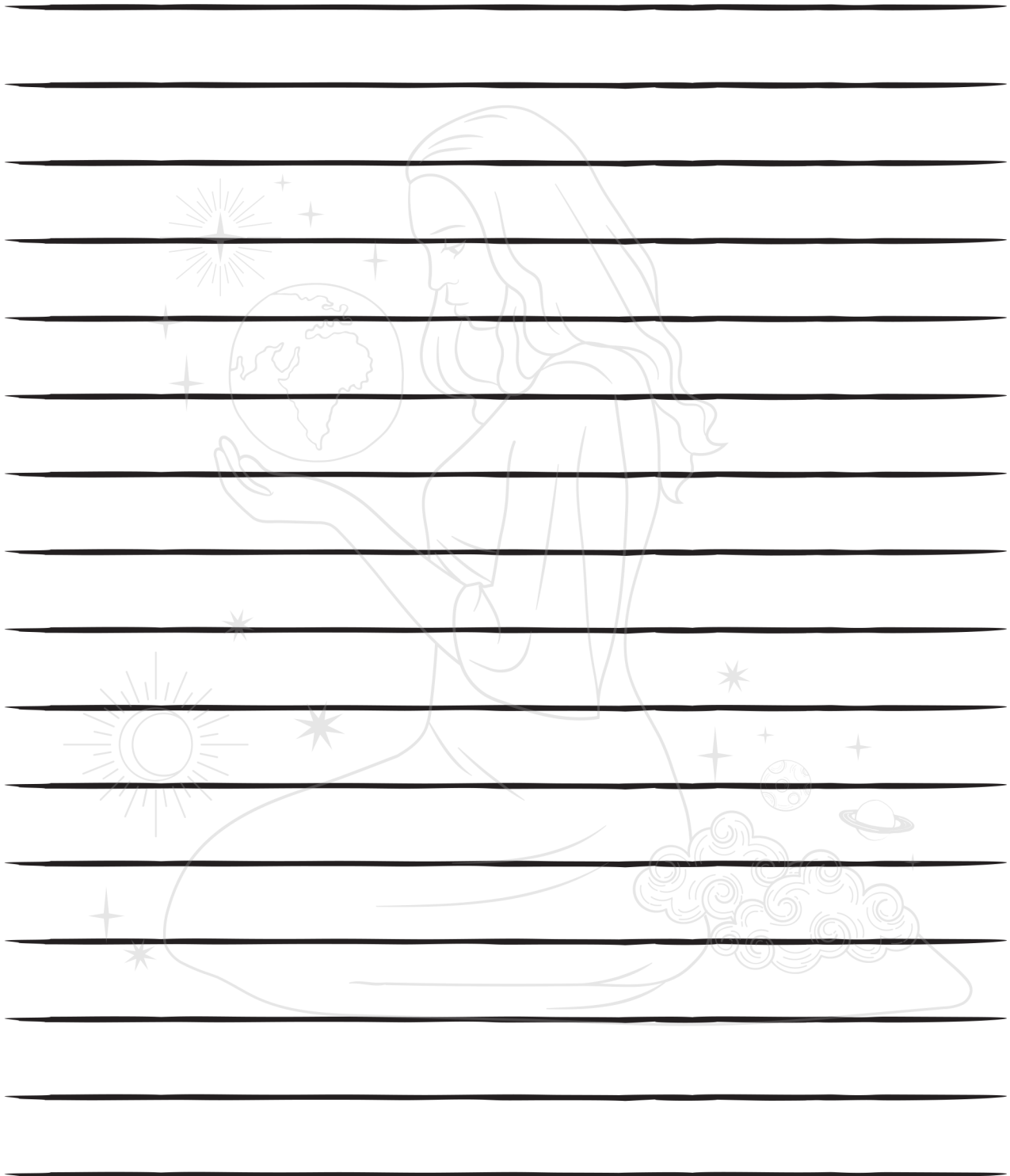


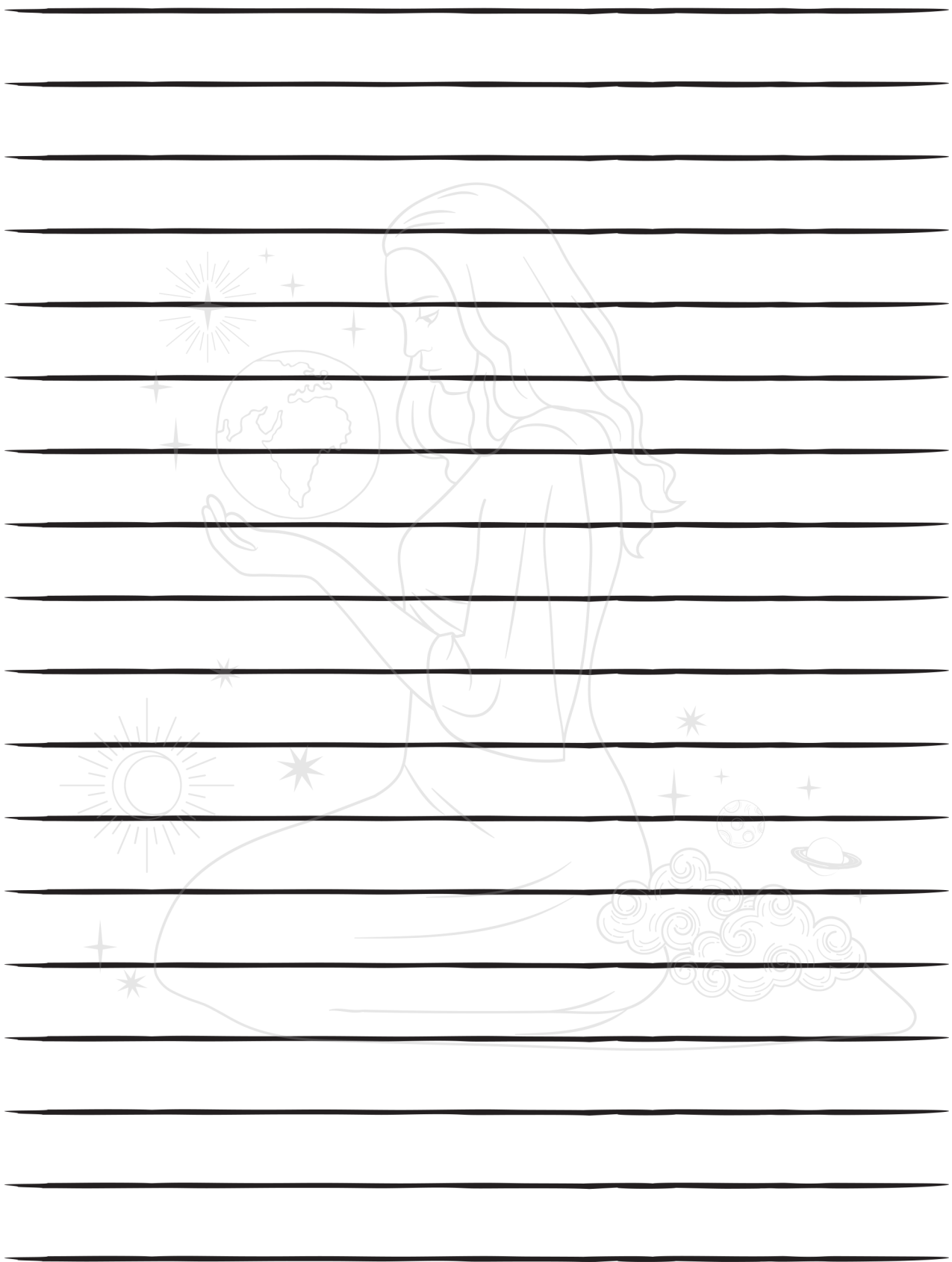
Are there any patterns in your relationships that you would like to change? What might be the root cause of these patterns?



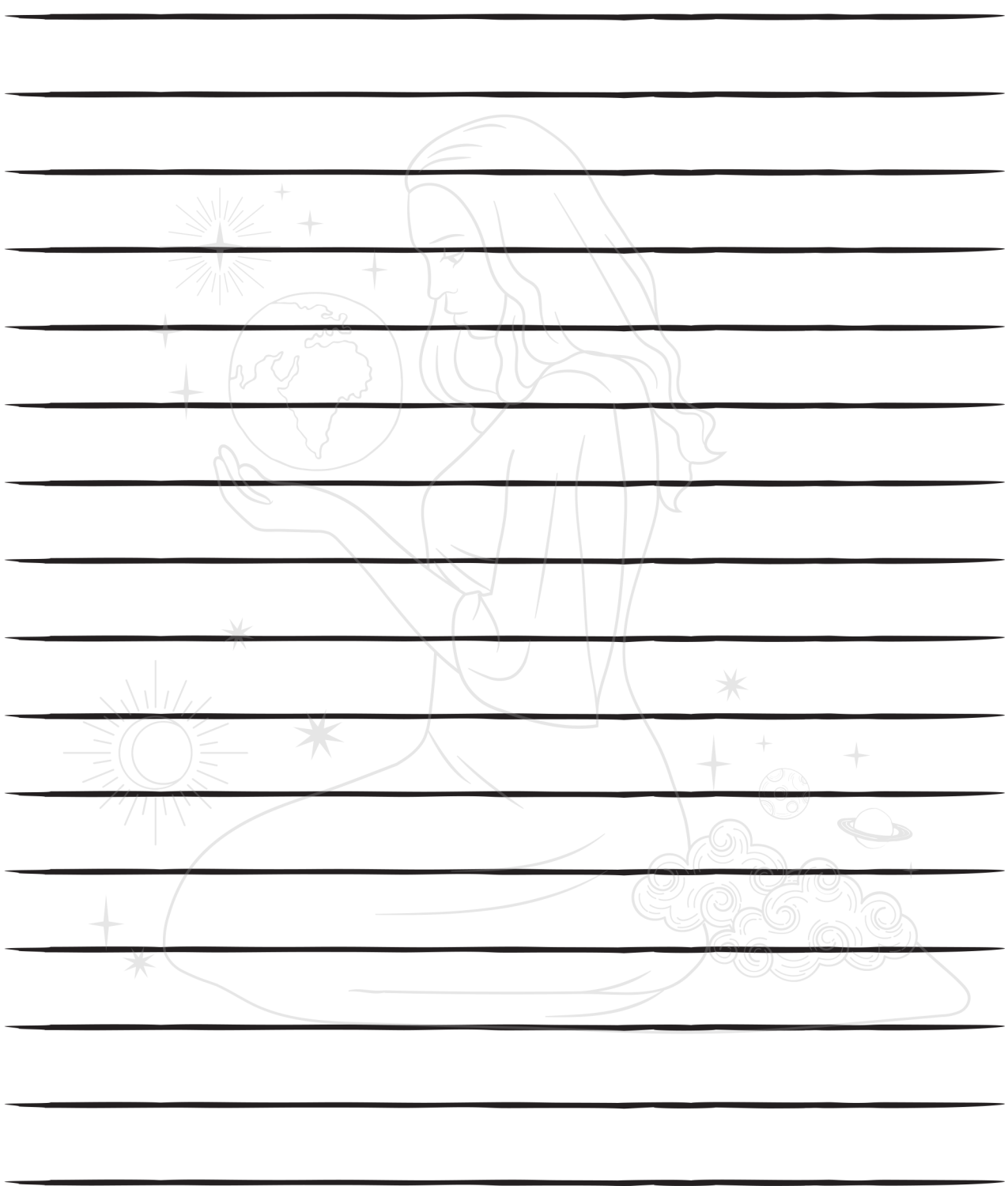


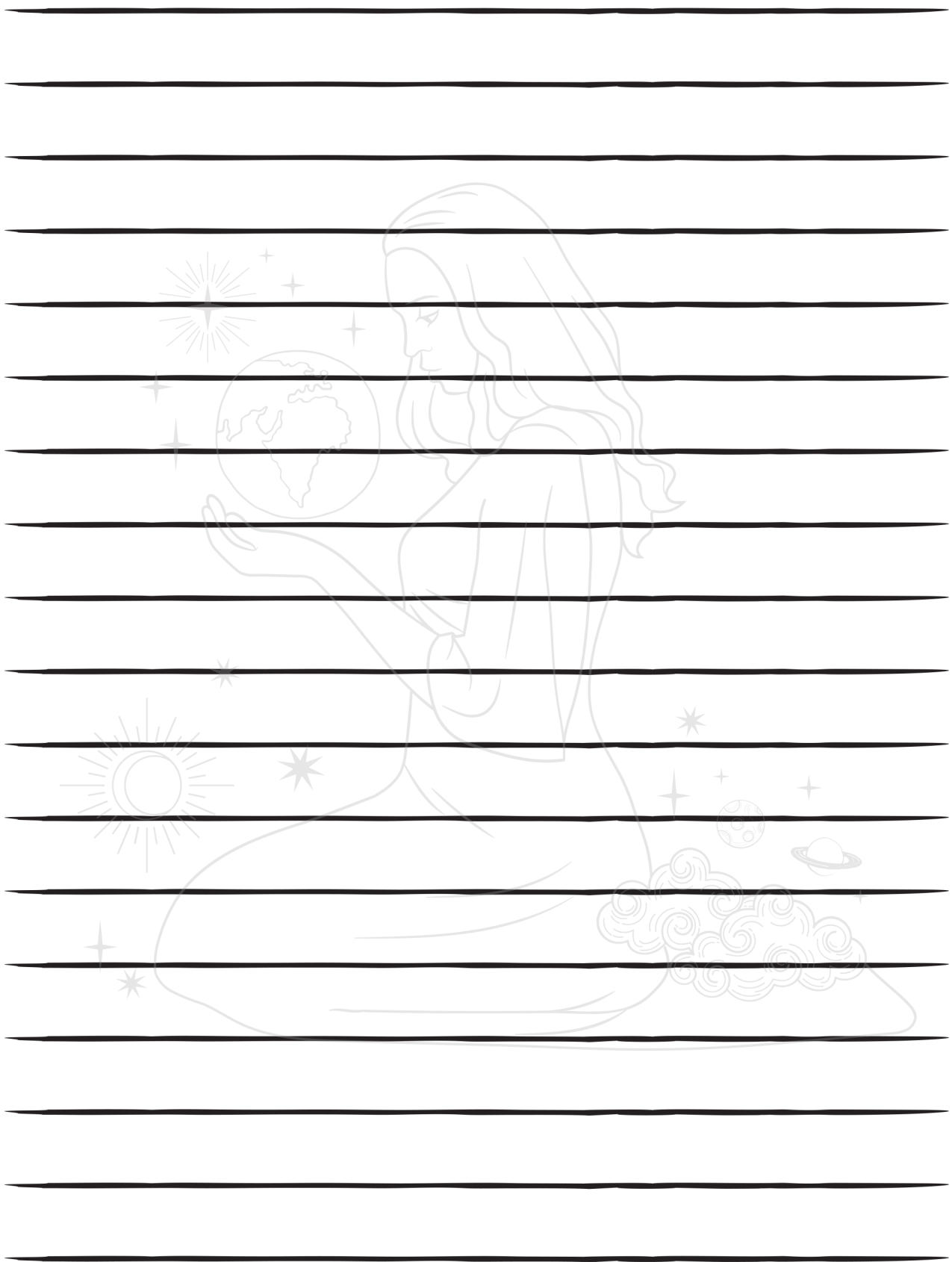
What fears hold you back from fully expressing
your authentic self?



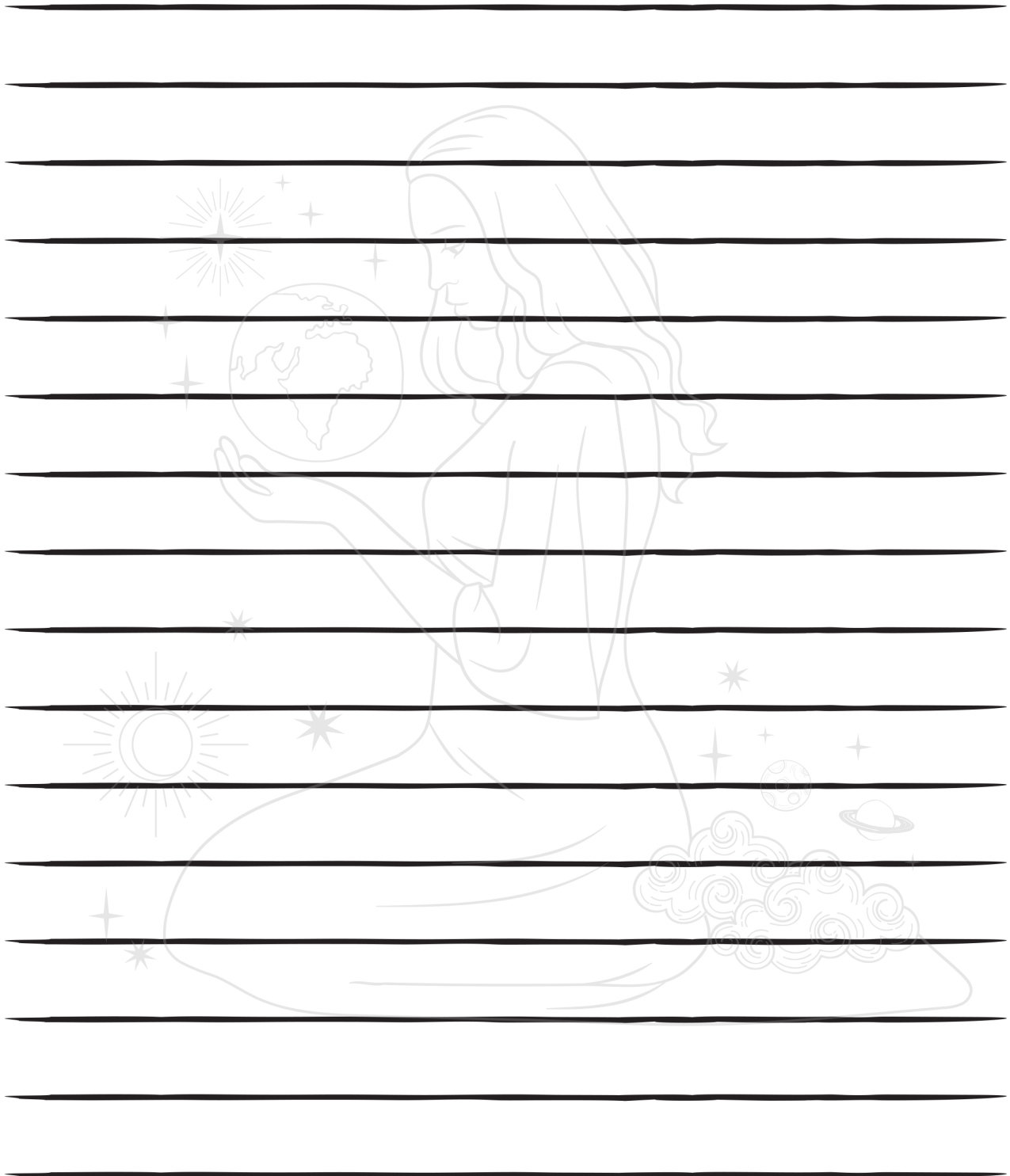


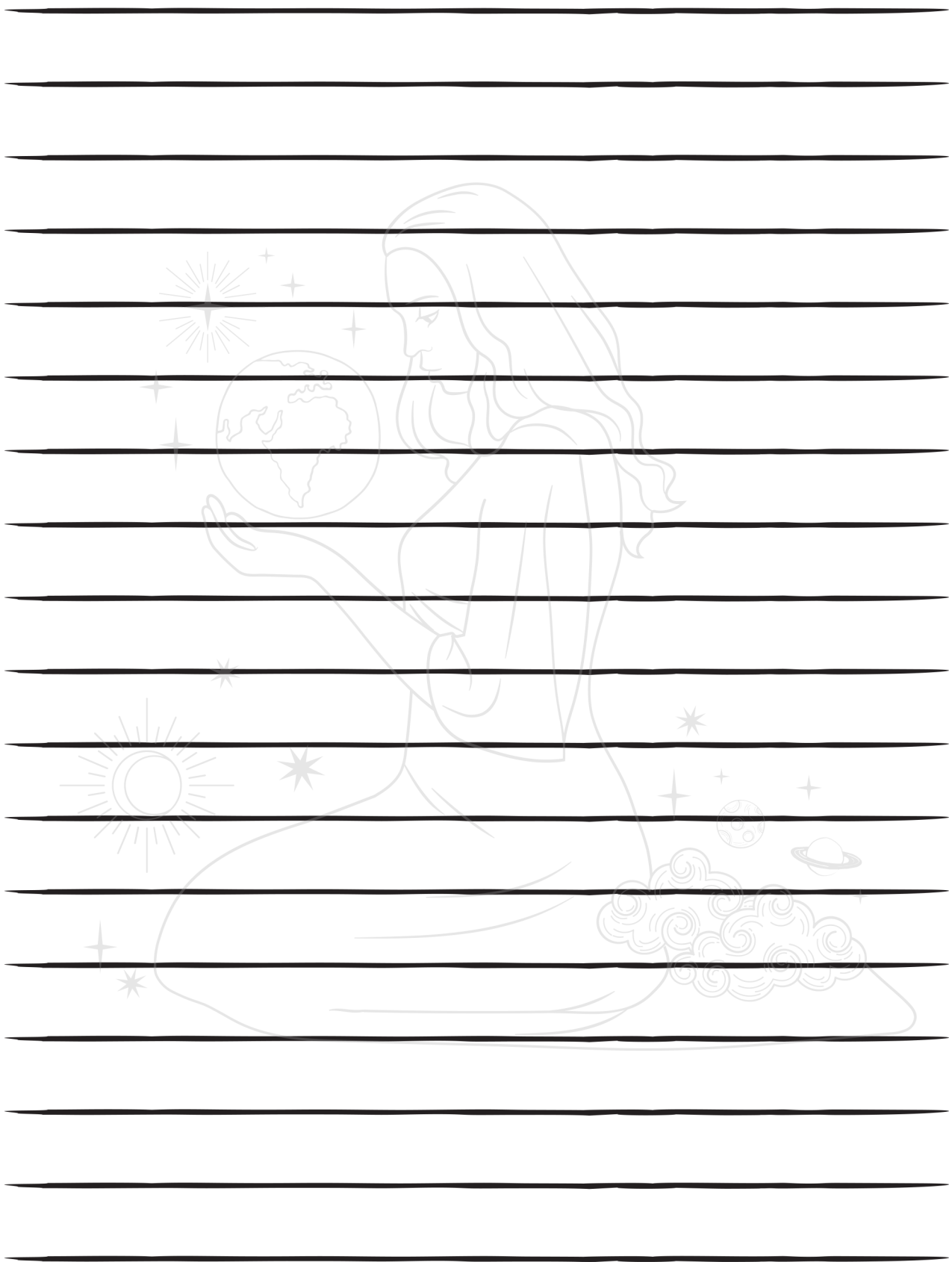
How do you handle feelings of vulnerability? What steps can you take to embrace it more openly?



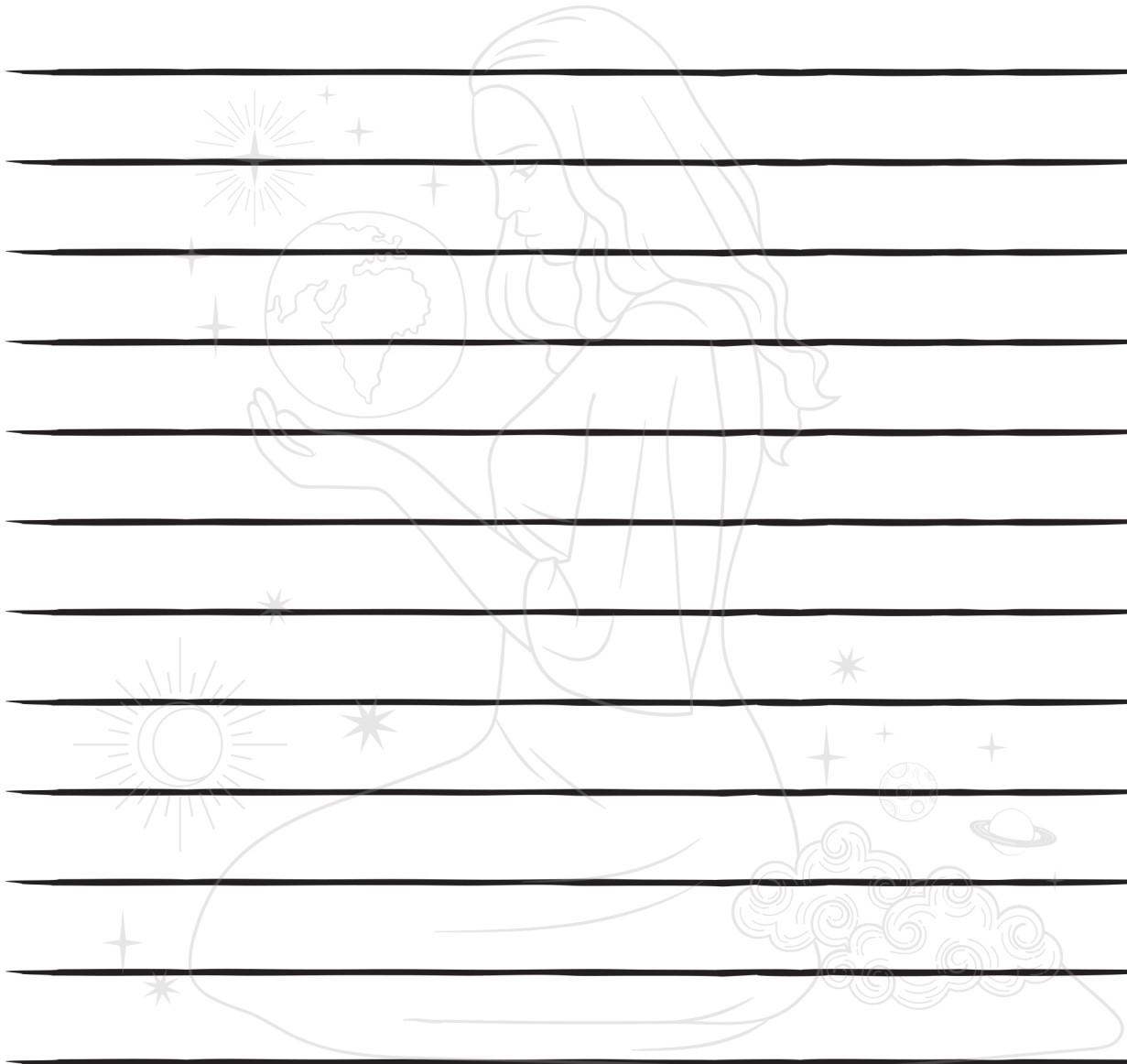


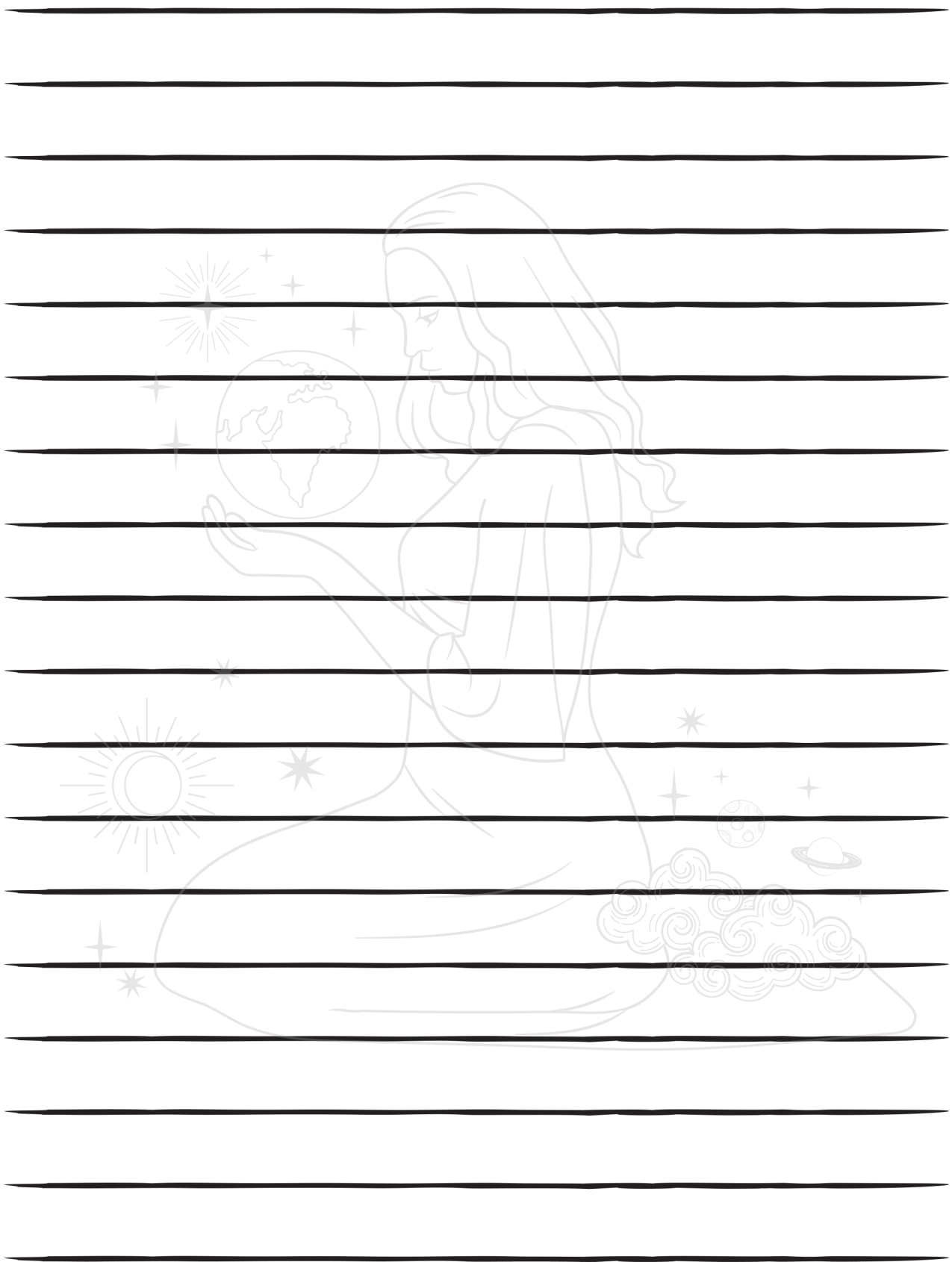
Identify a personal trait or habit that you would like to improve. What steps can you take to work on it?



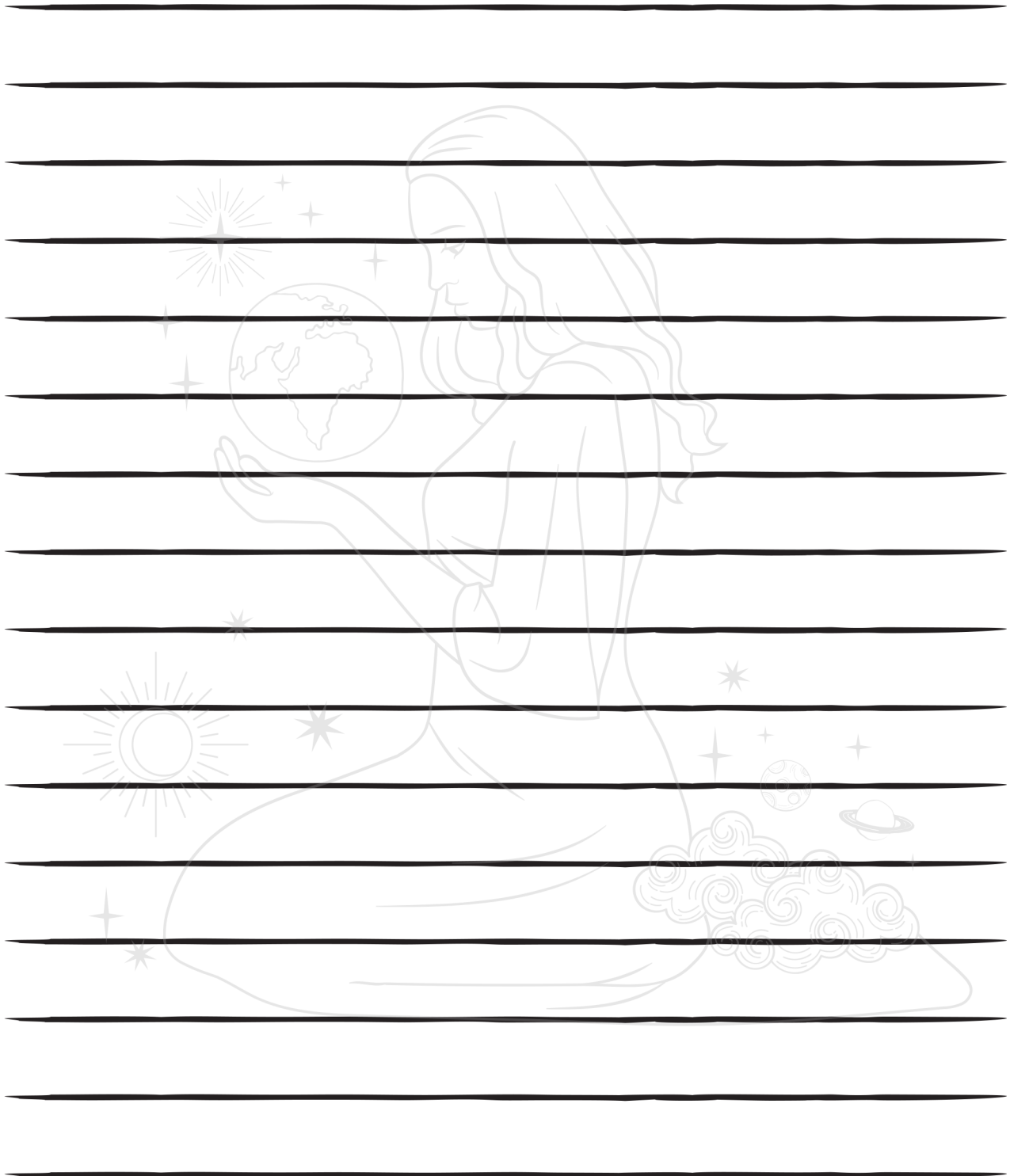


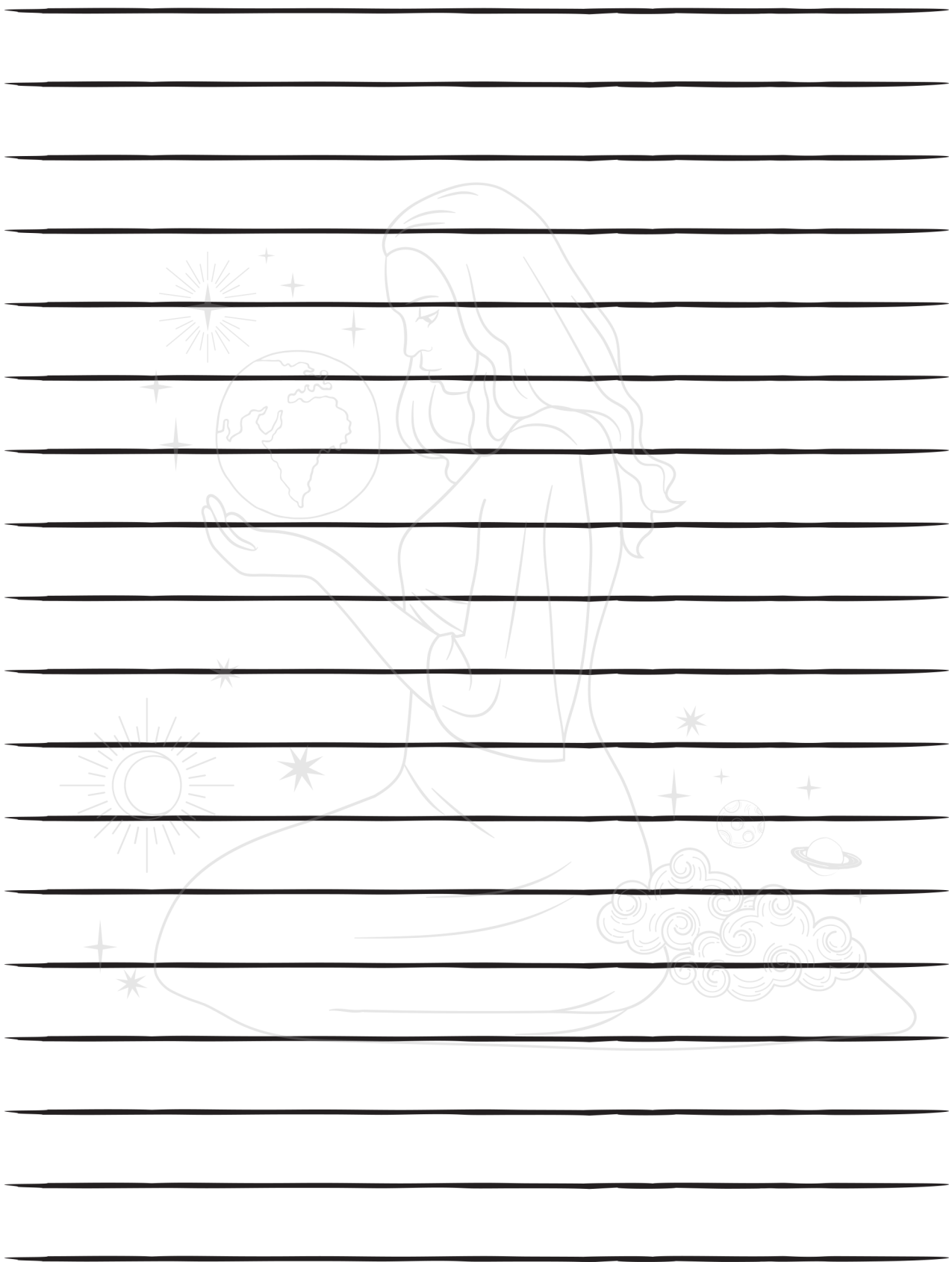
In what ways do you tend to self-sabotage? What might be the underlying reasons for this behavior?



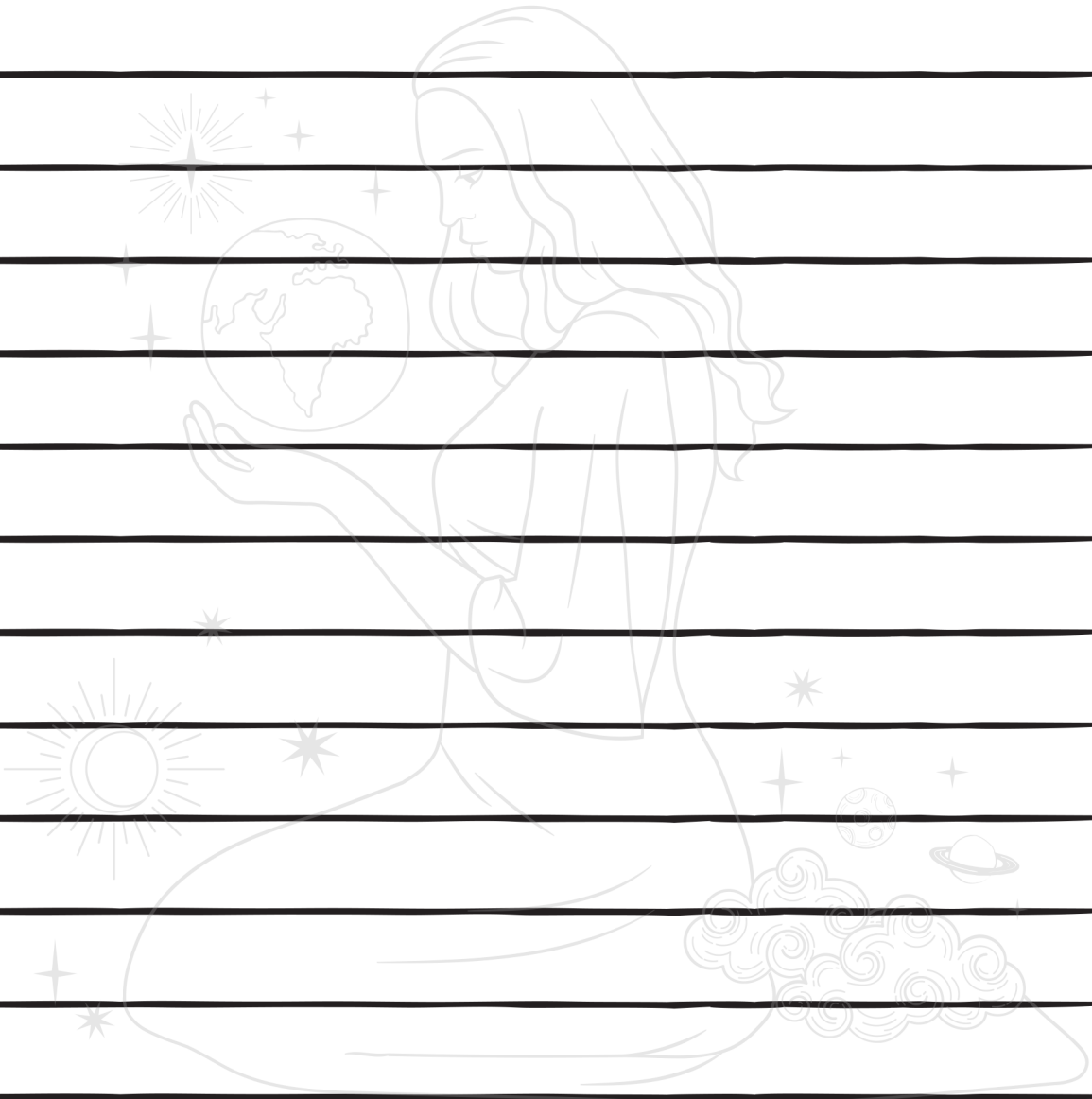


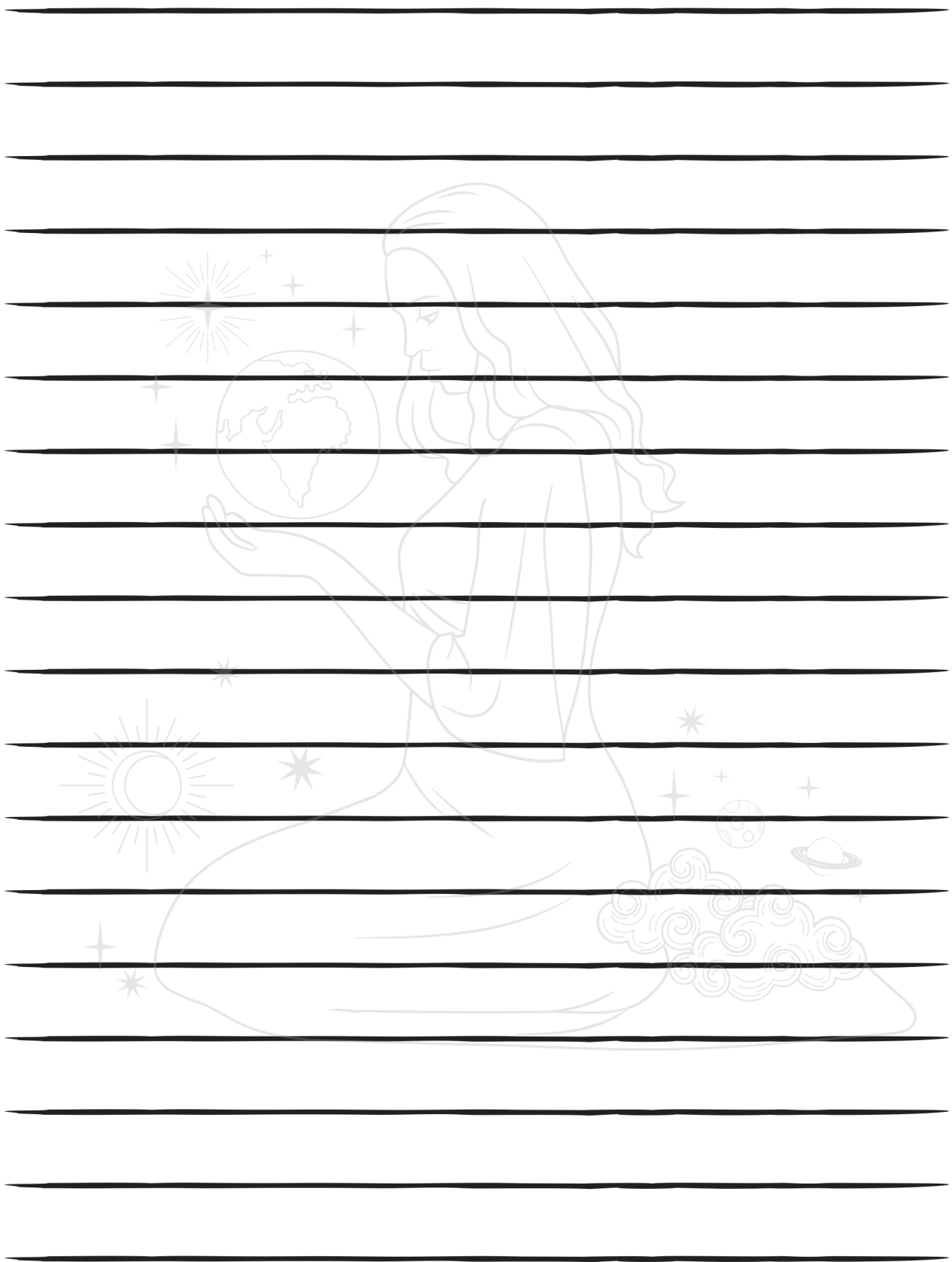
What beliefs about yourself do you hold that may be limiting your growth?



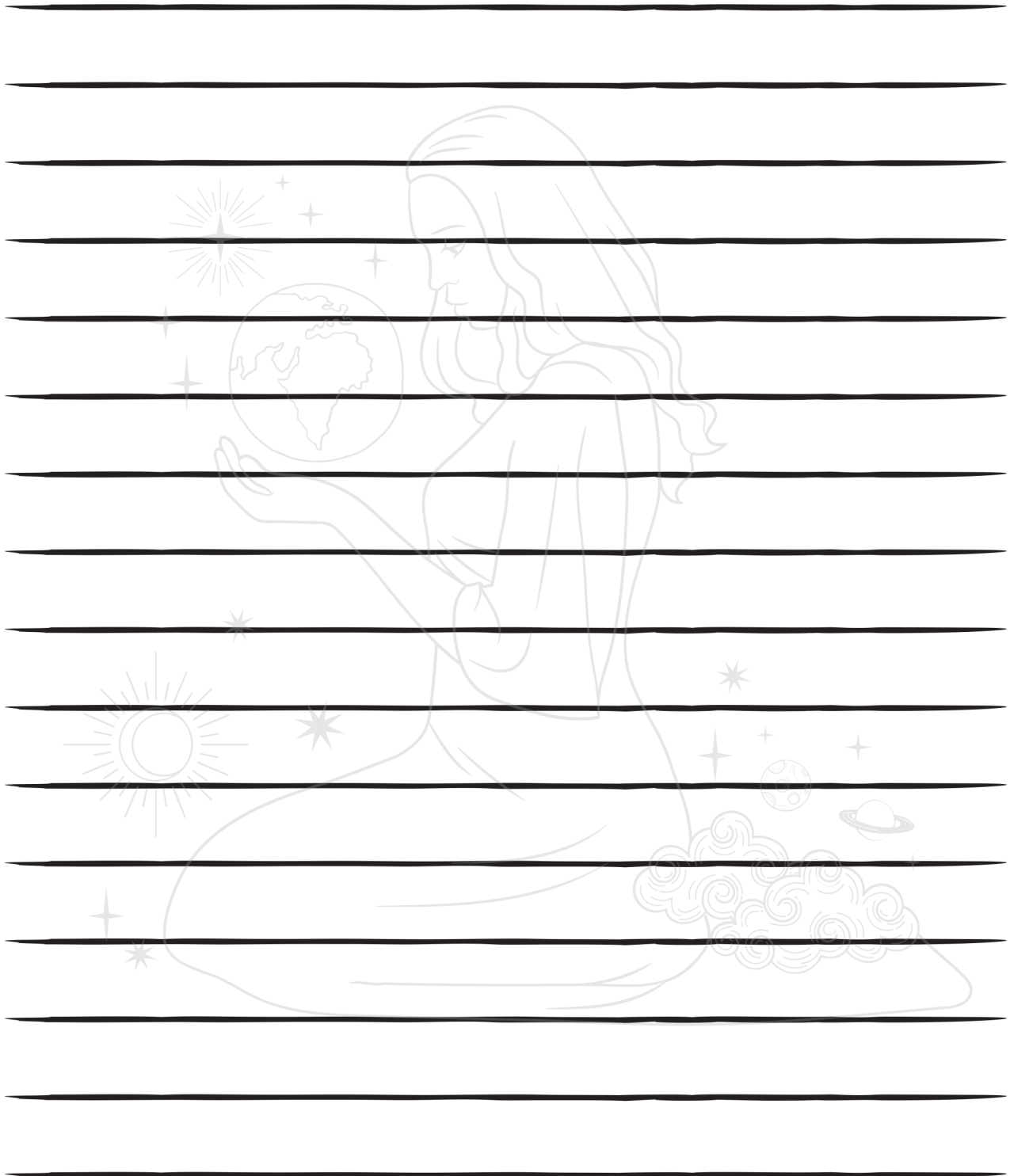


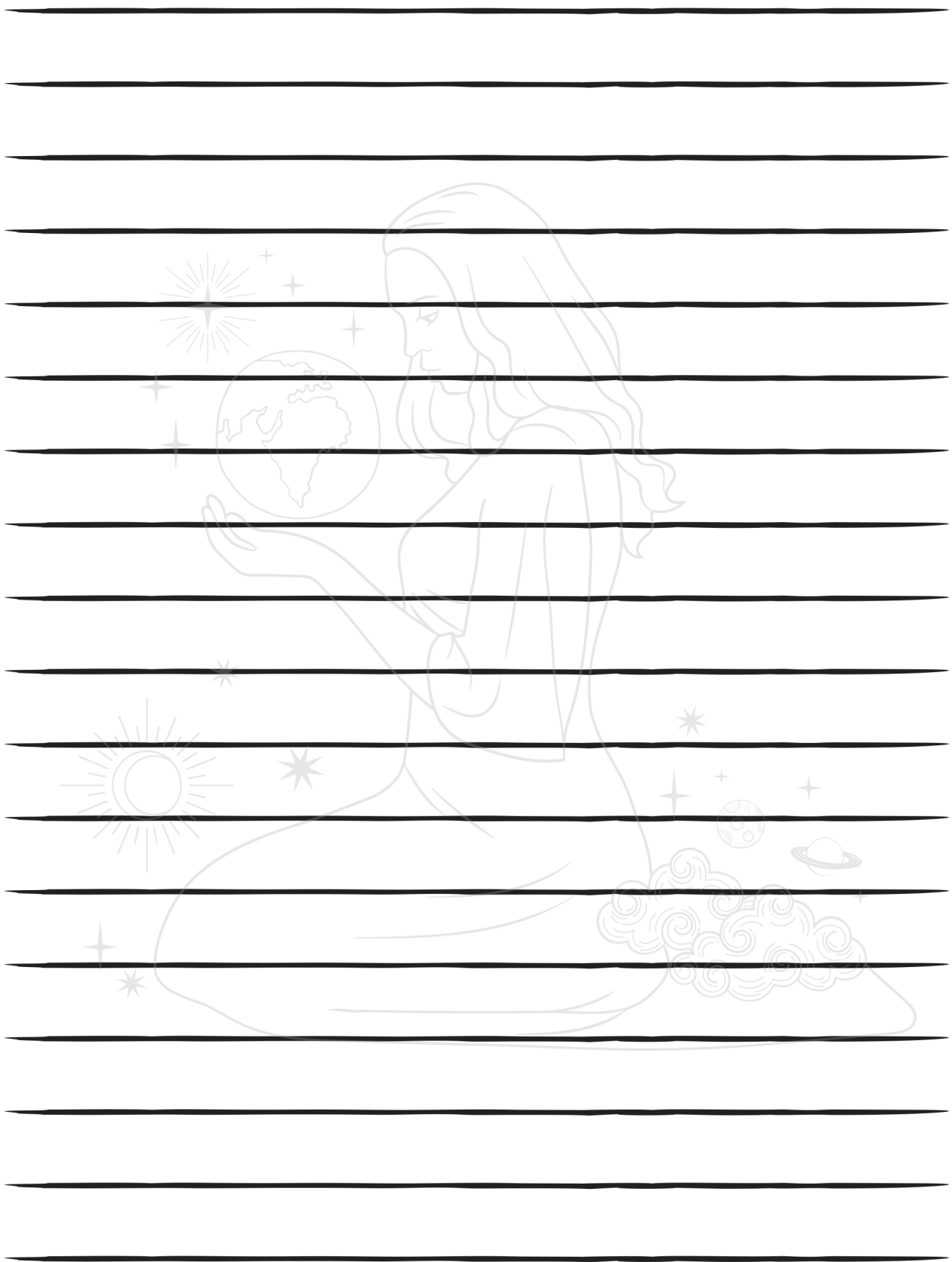
What unresolved issues from your past might be impacting your present relationships or circumstances?



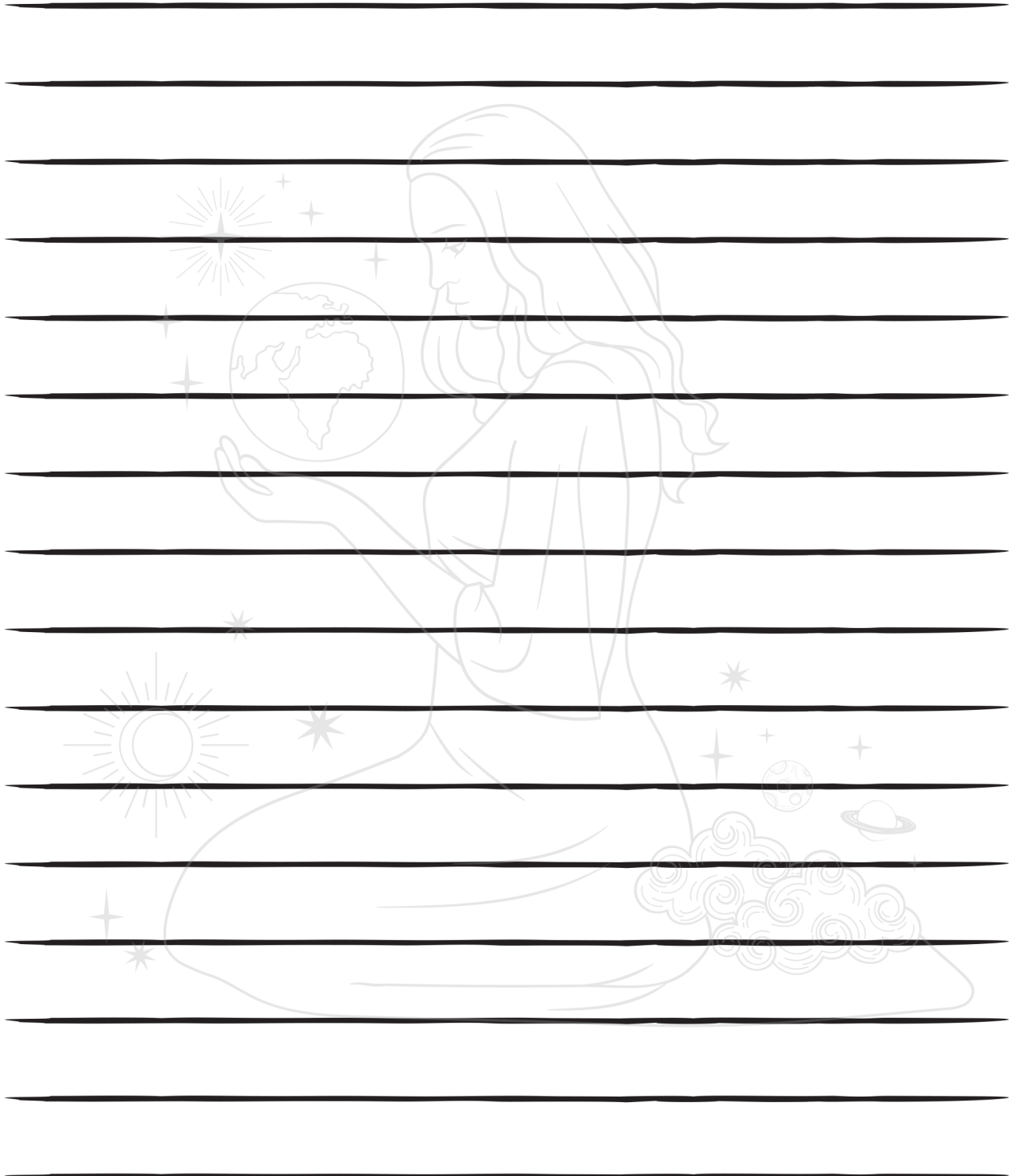


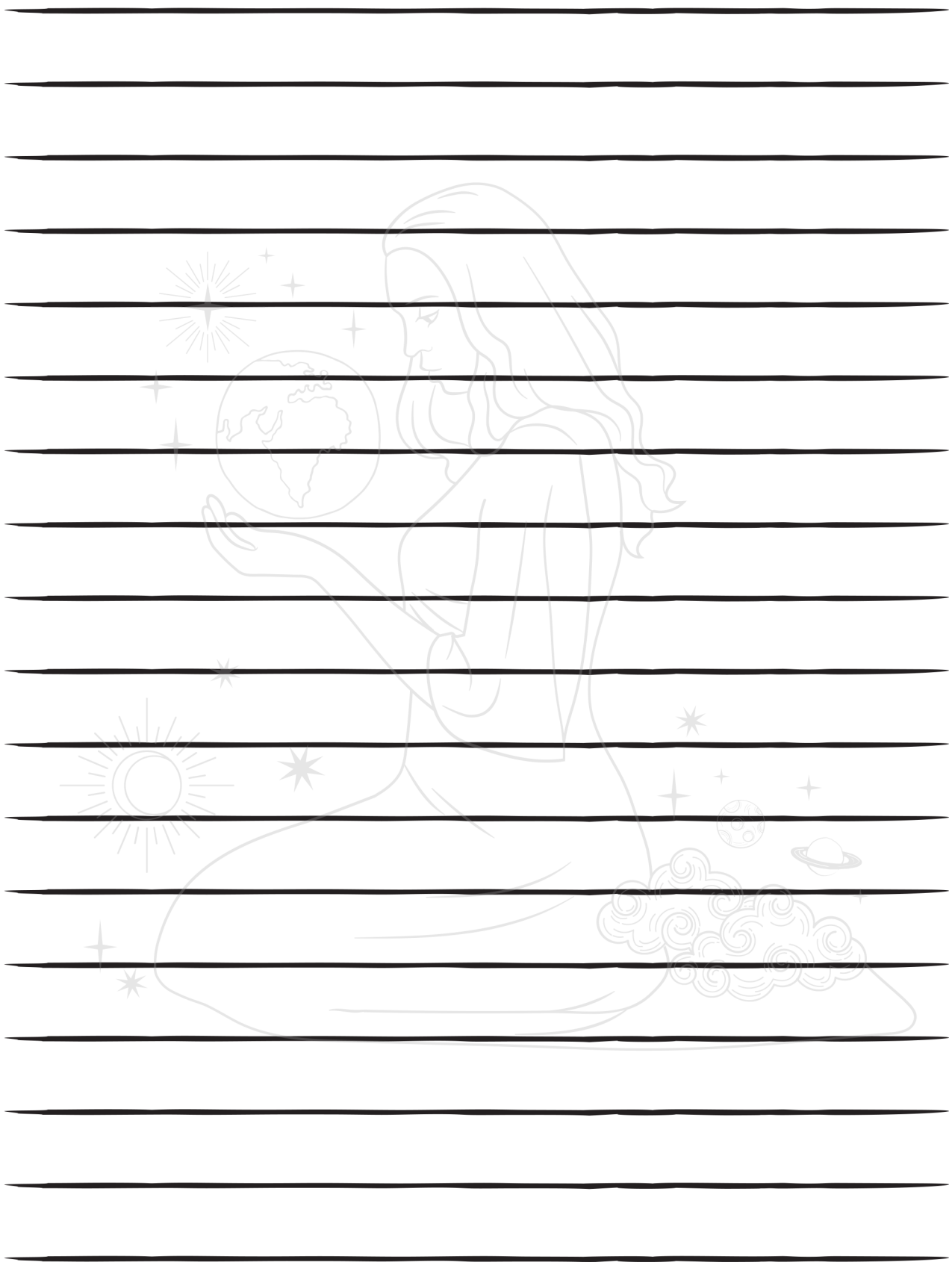
How do you typically respond to criticism? What feelings or insecurities might this response reveal?



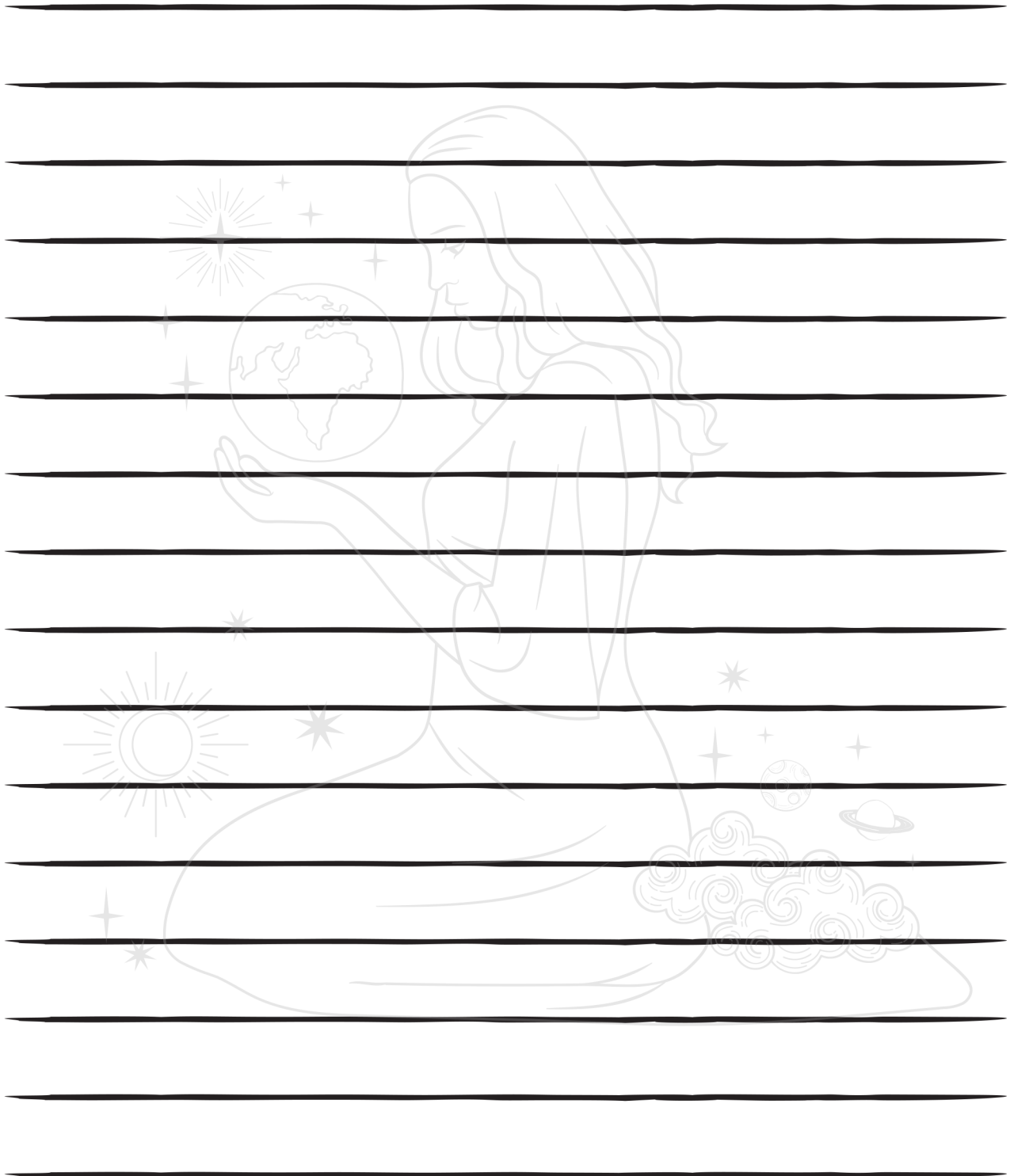


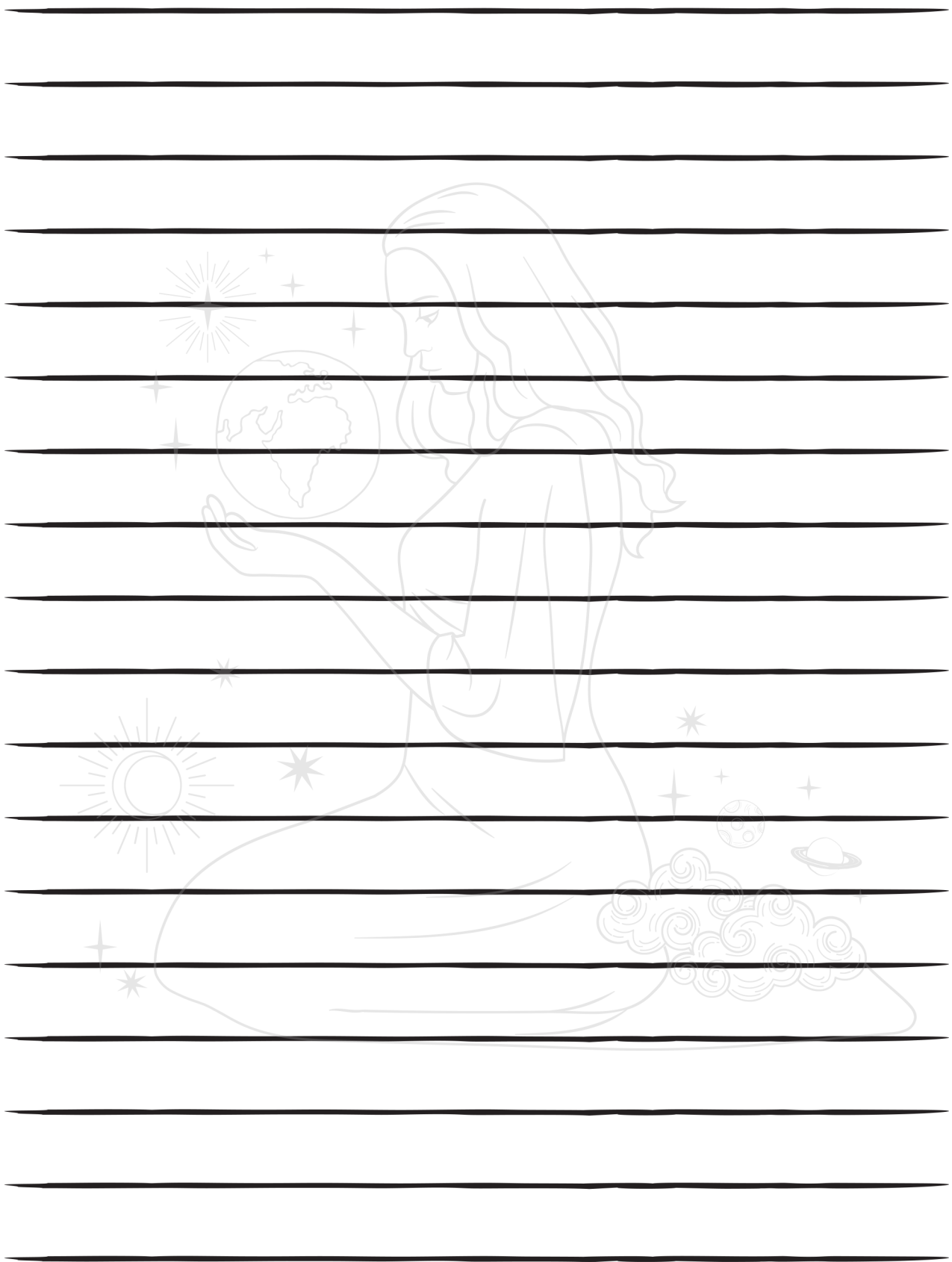
Describe a situation in which you experienced jealousy.
What can you learn about yourself from this experience?



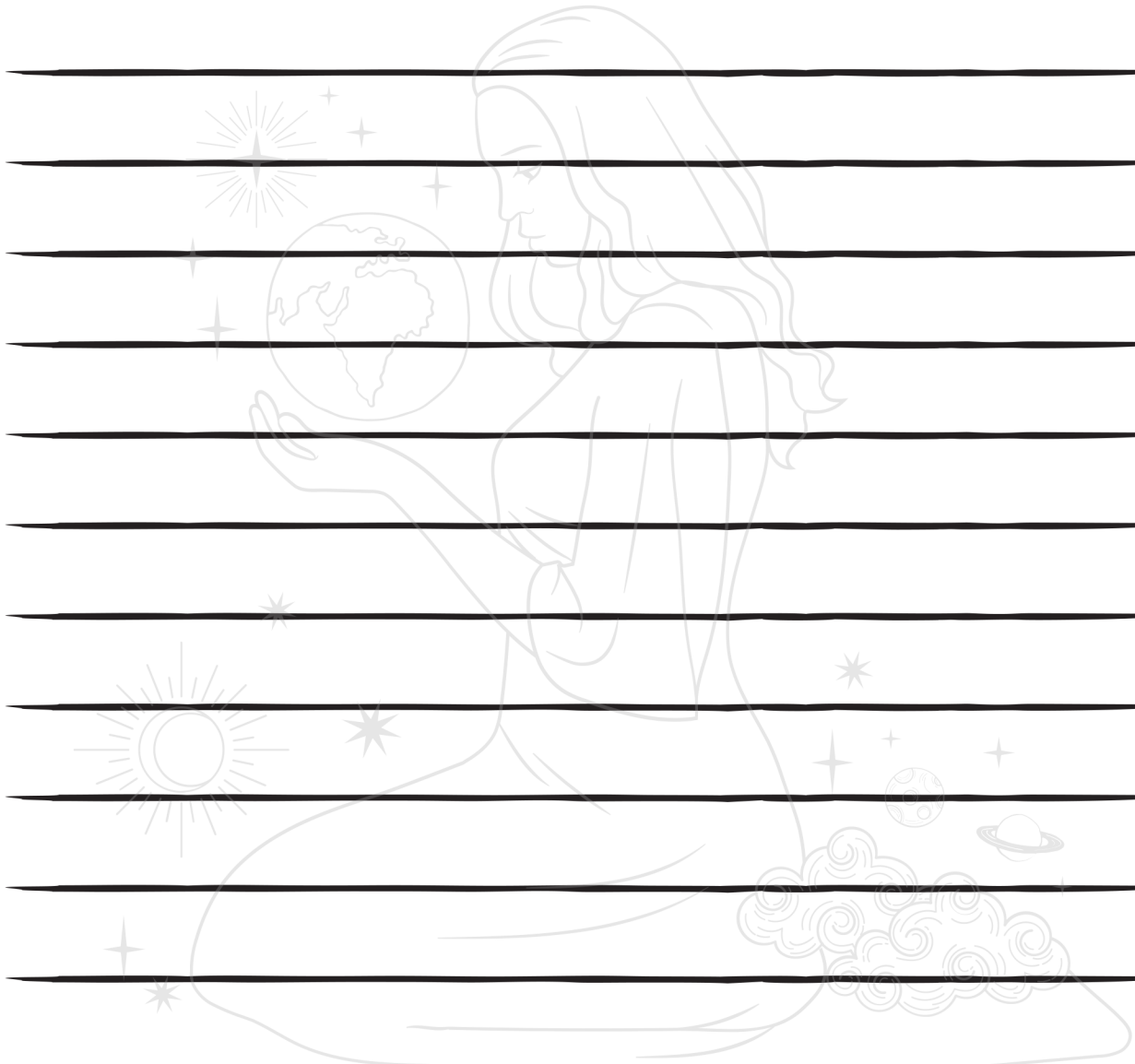


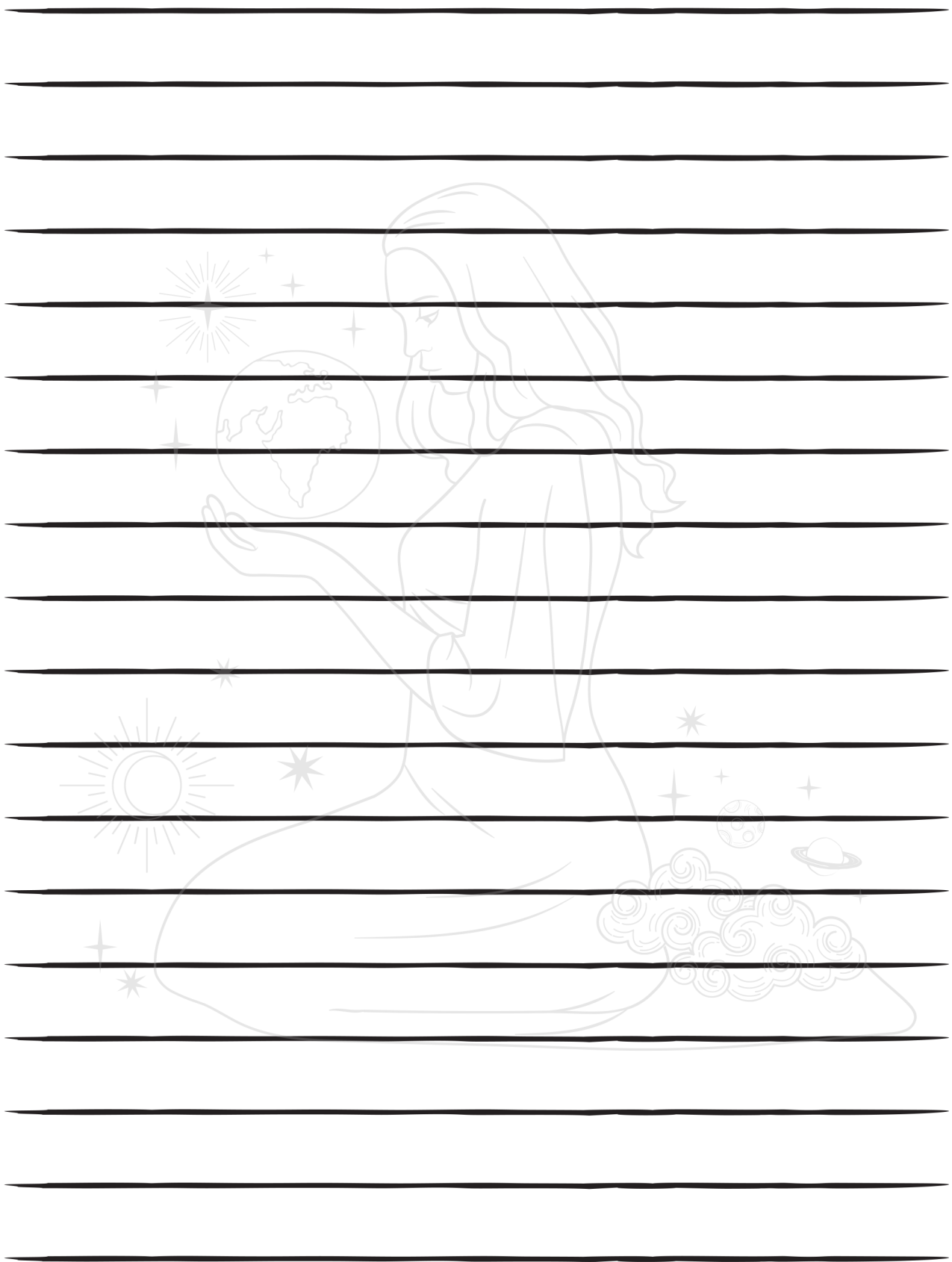
How do you handle stress and overwhelming emotions? Are there healthier ways you could cope?



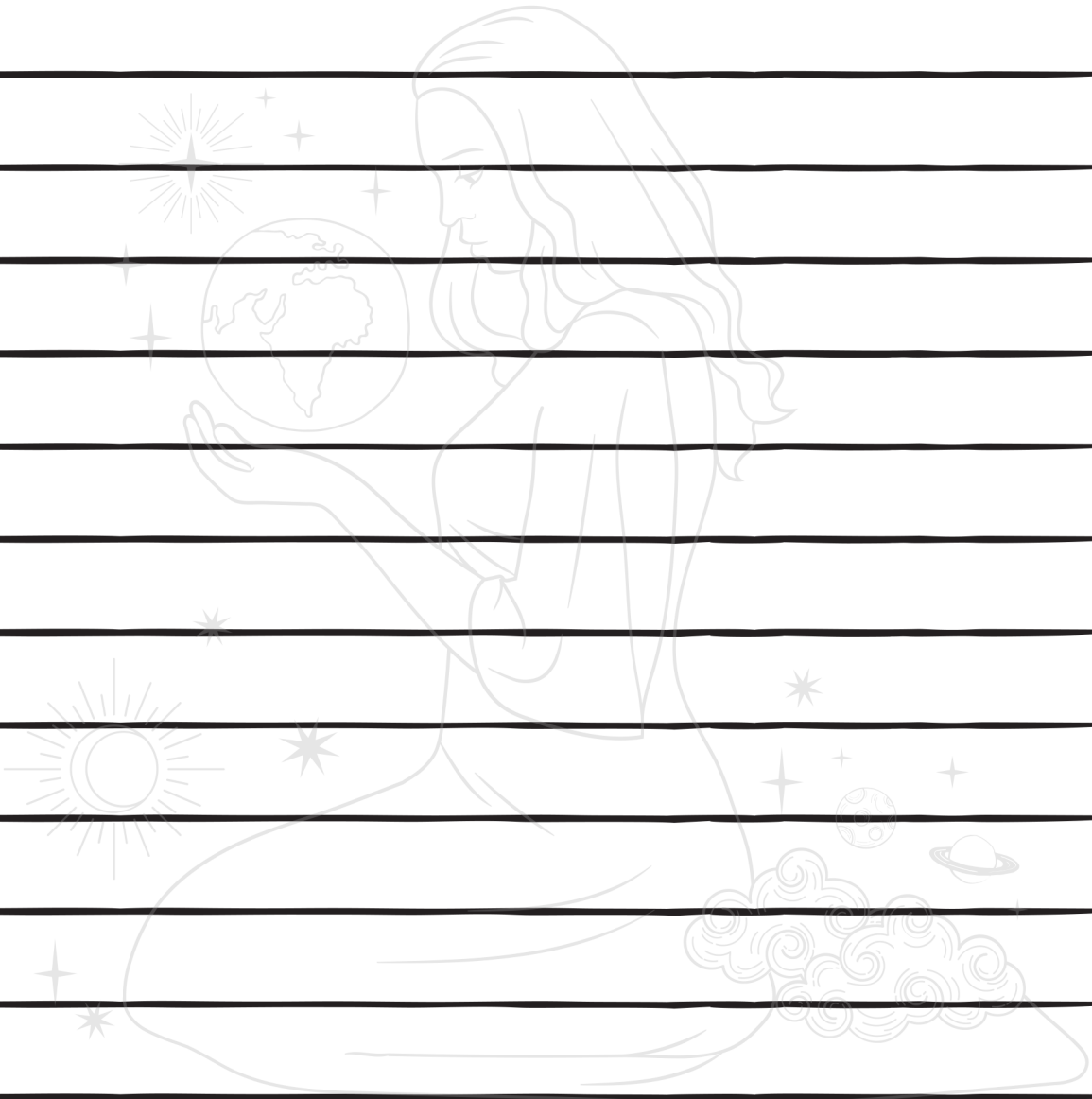


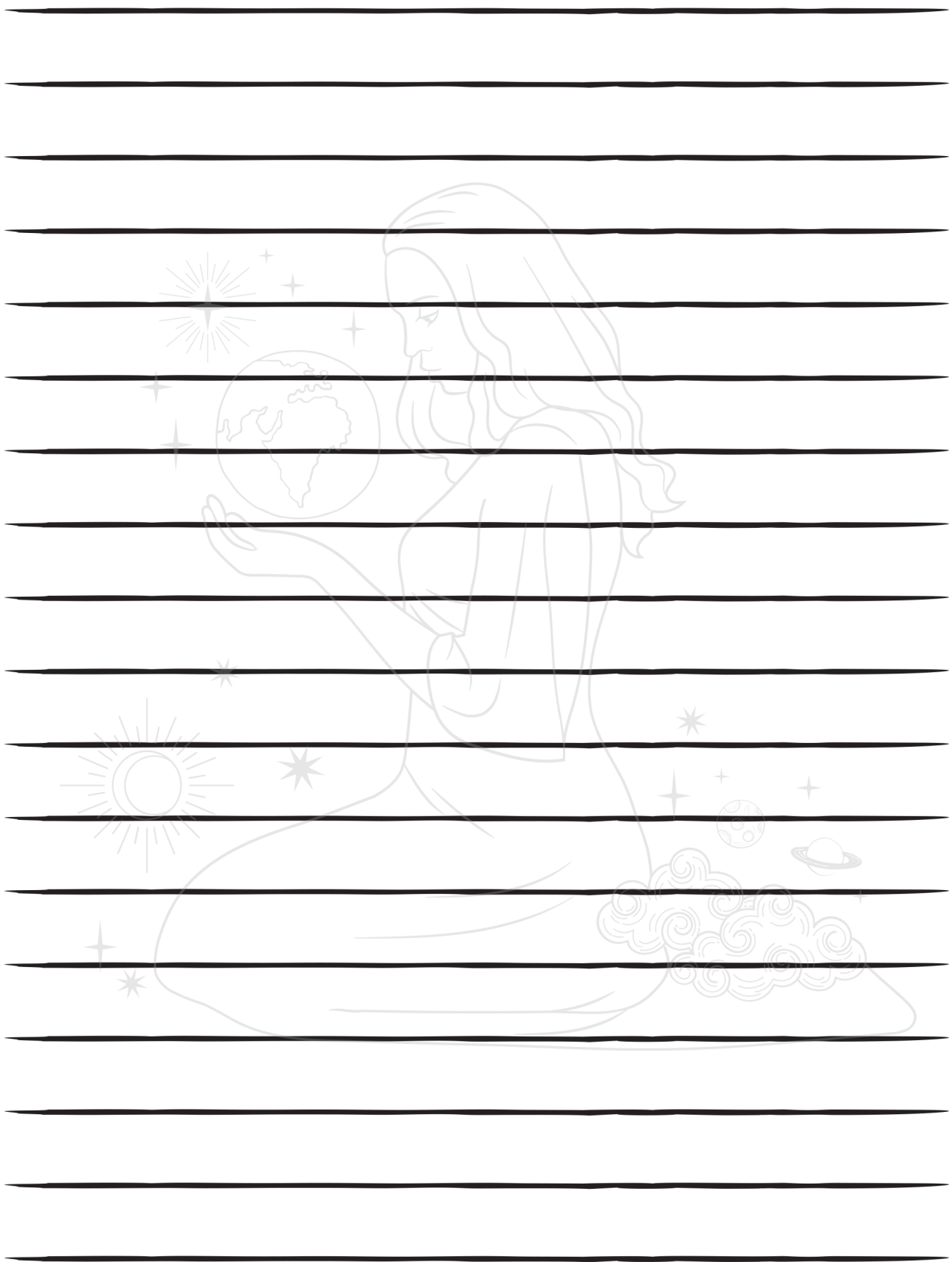
What beliefs or expectations do you have about success and failure? How do these beliefs impact your actions?



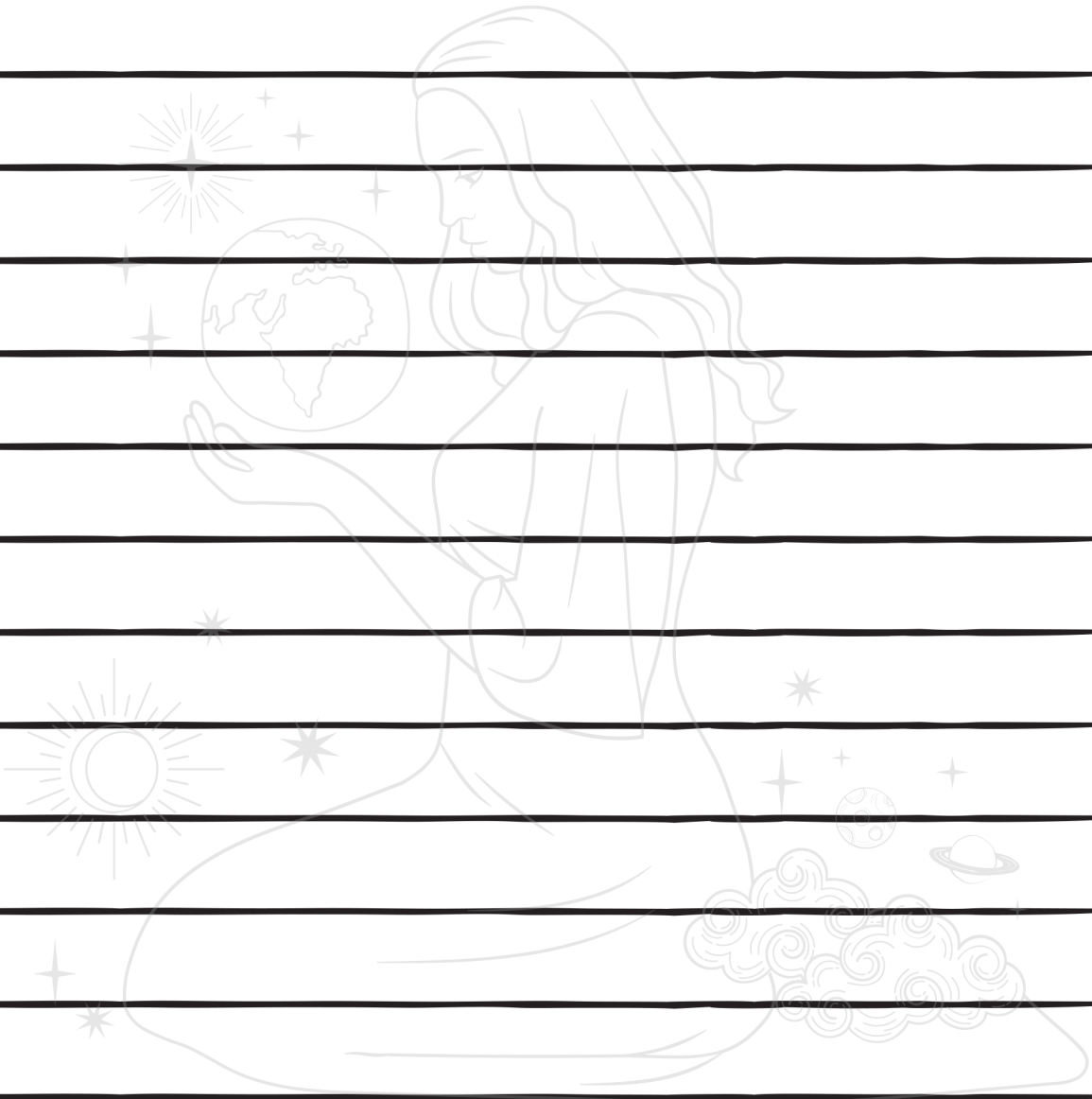


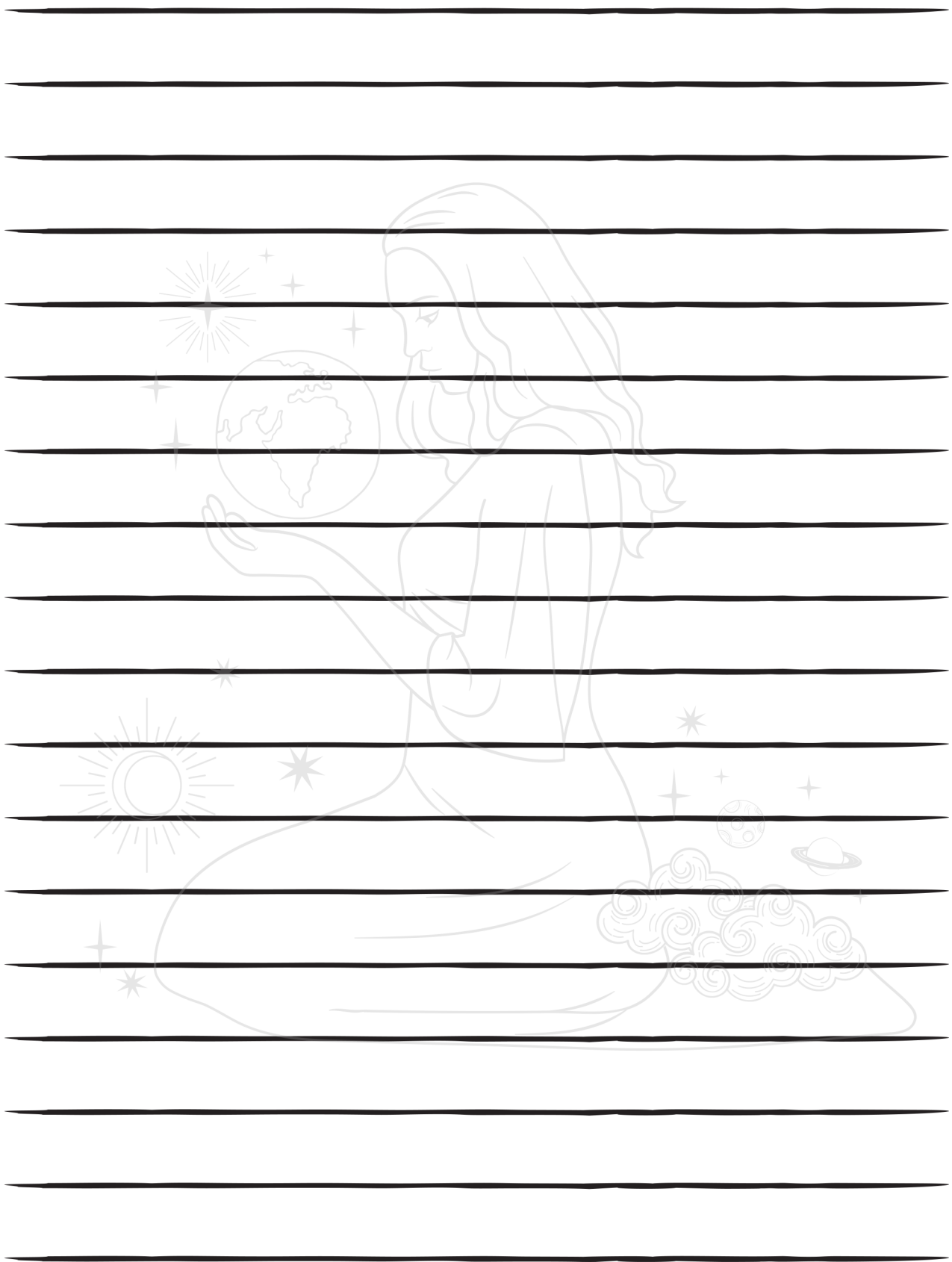
How has your upbringing influenced your self-worth and self-esteem?



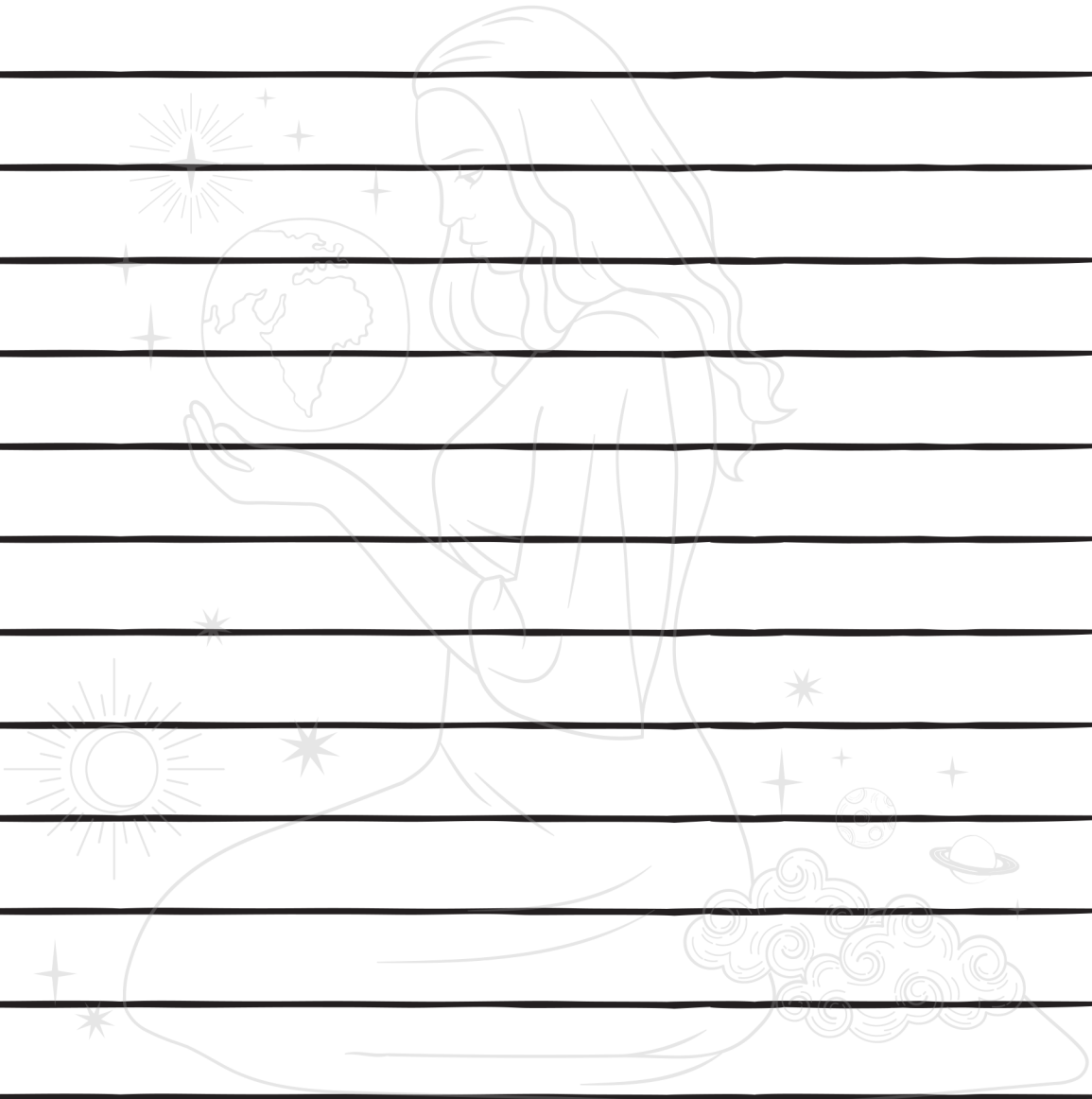


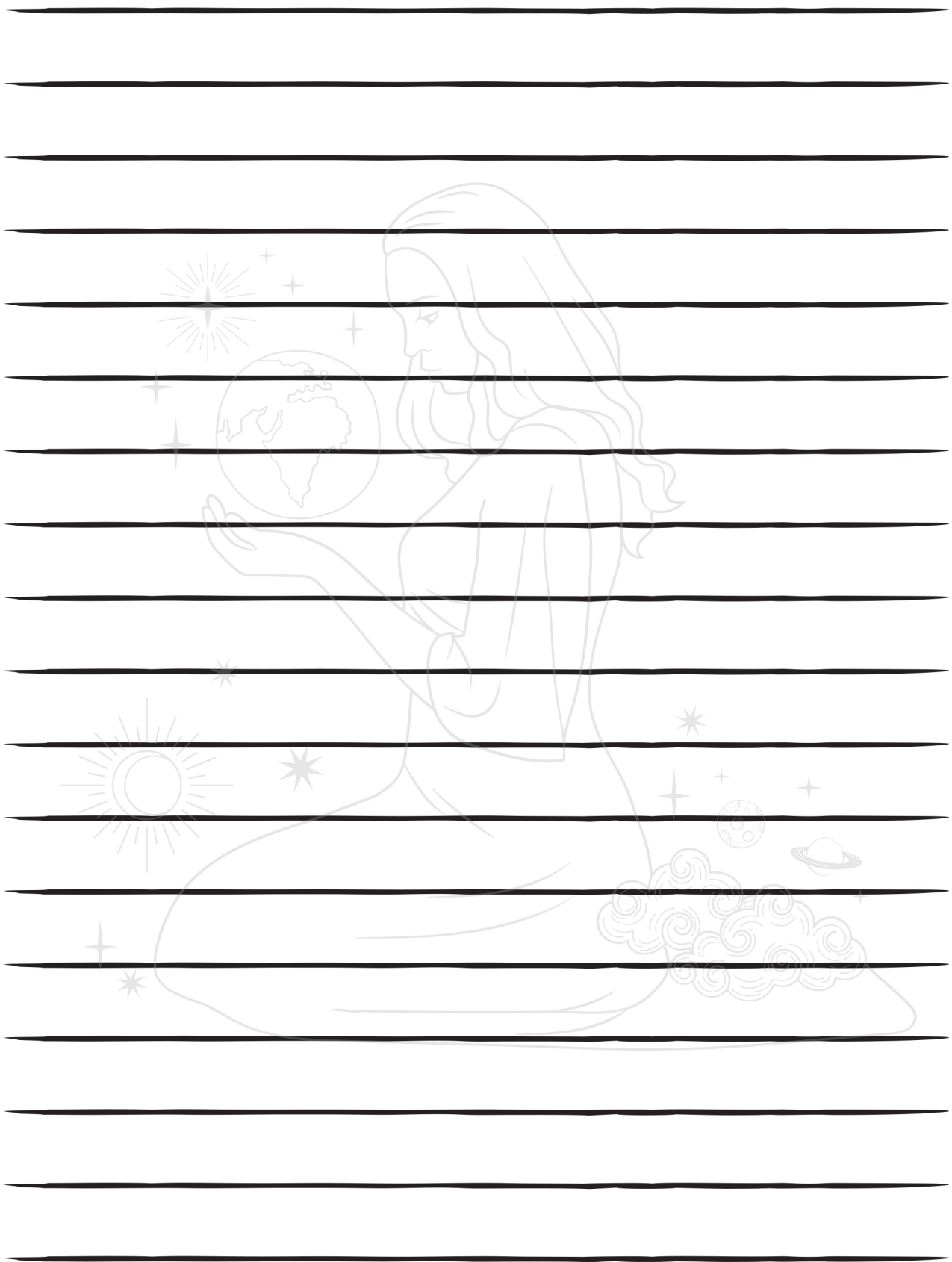
What do you feel is your life's purpose? How can you work towards fulfilling it?



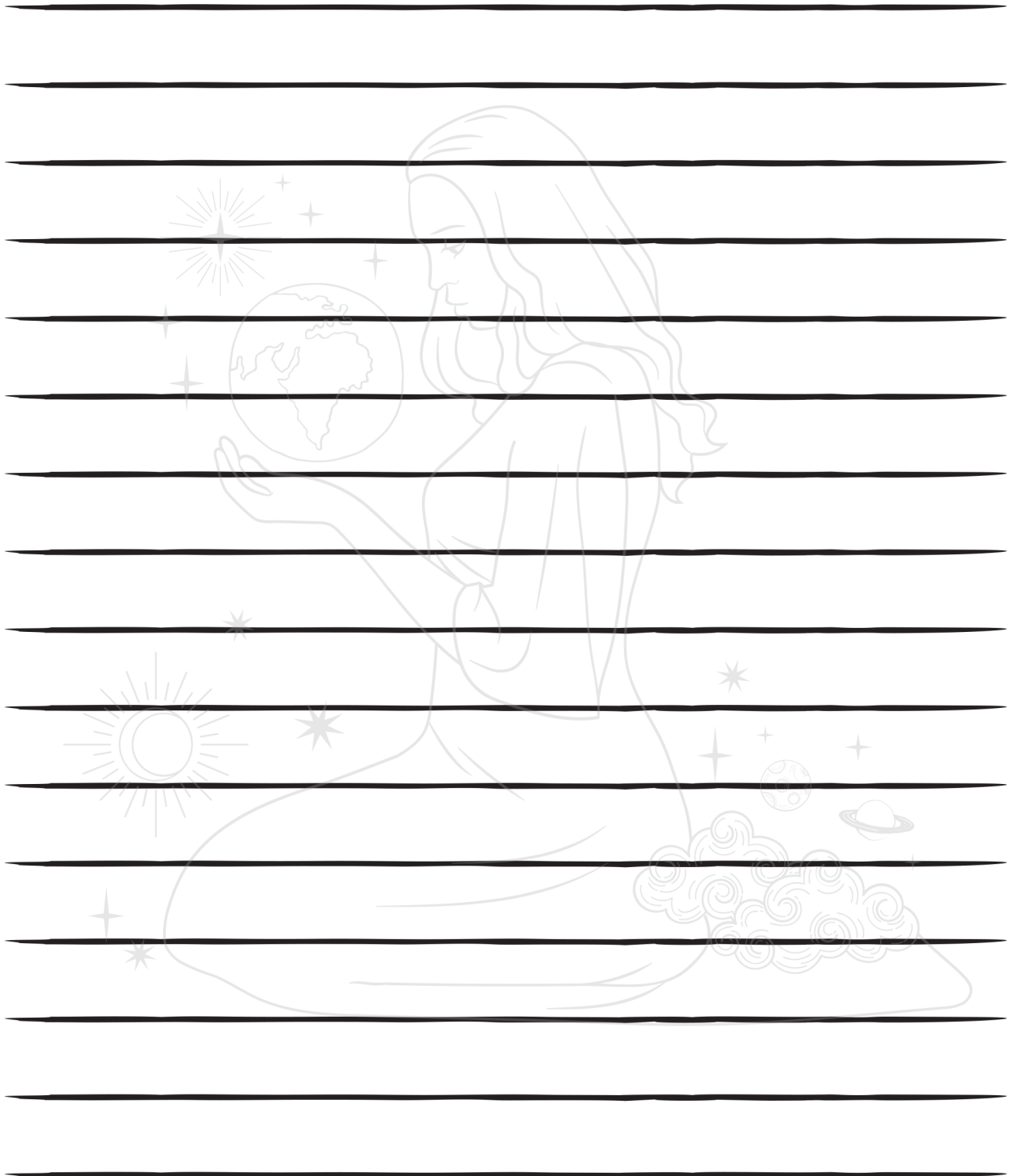


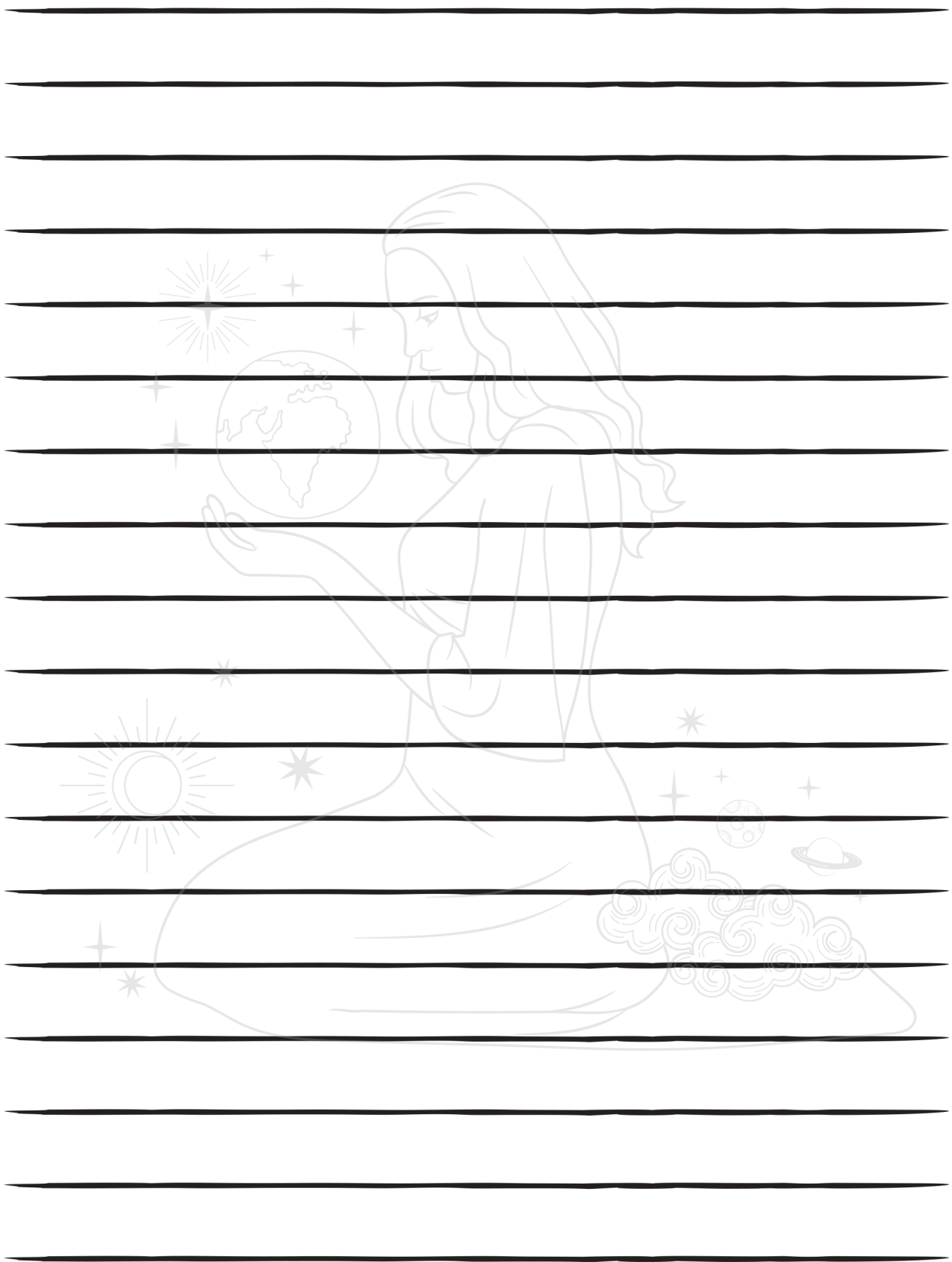
In what ways do you tend to seek external validation? How can you cultivate a stronger sense of self-validation?



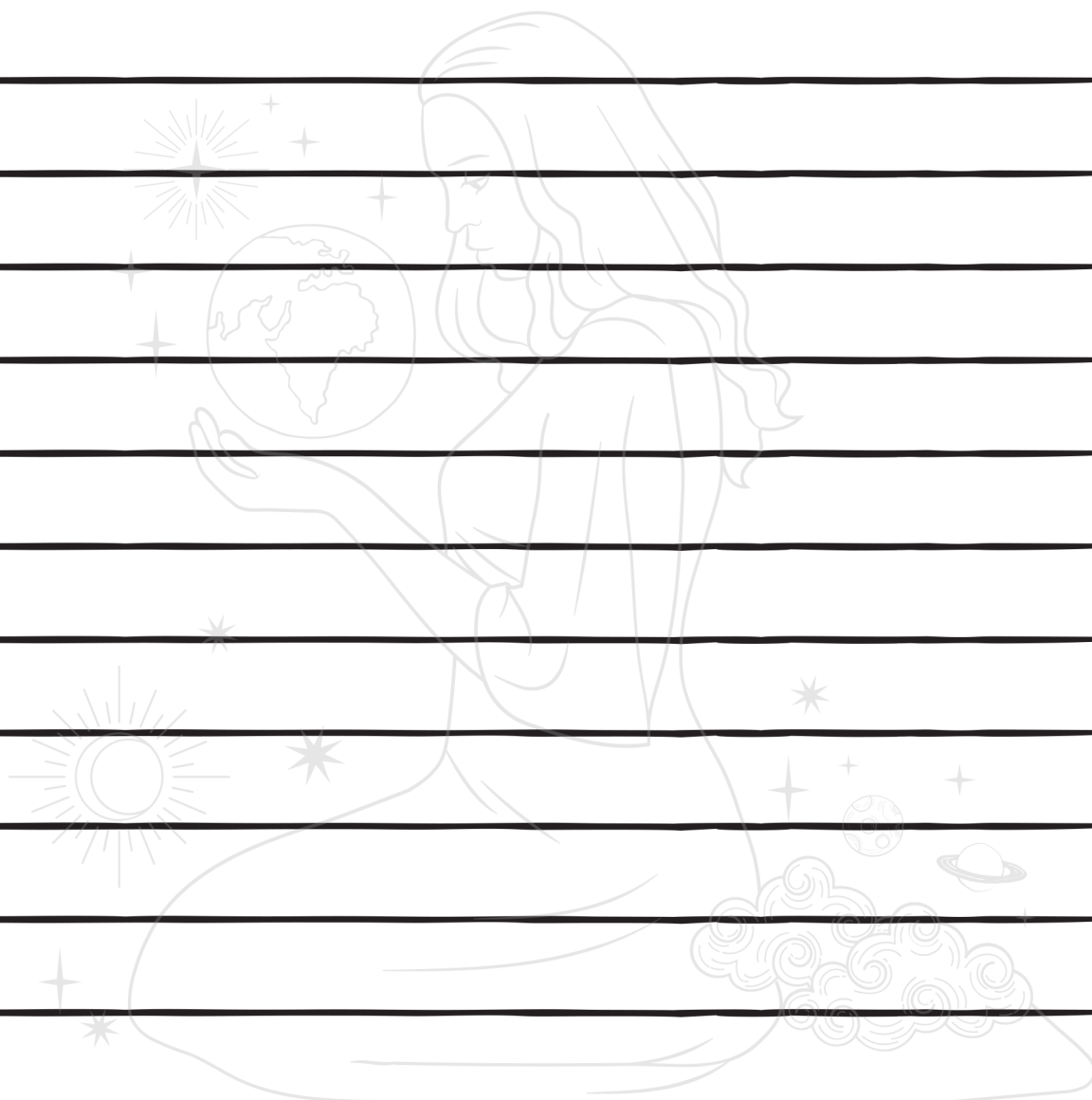


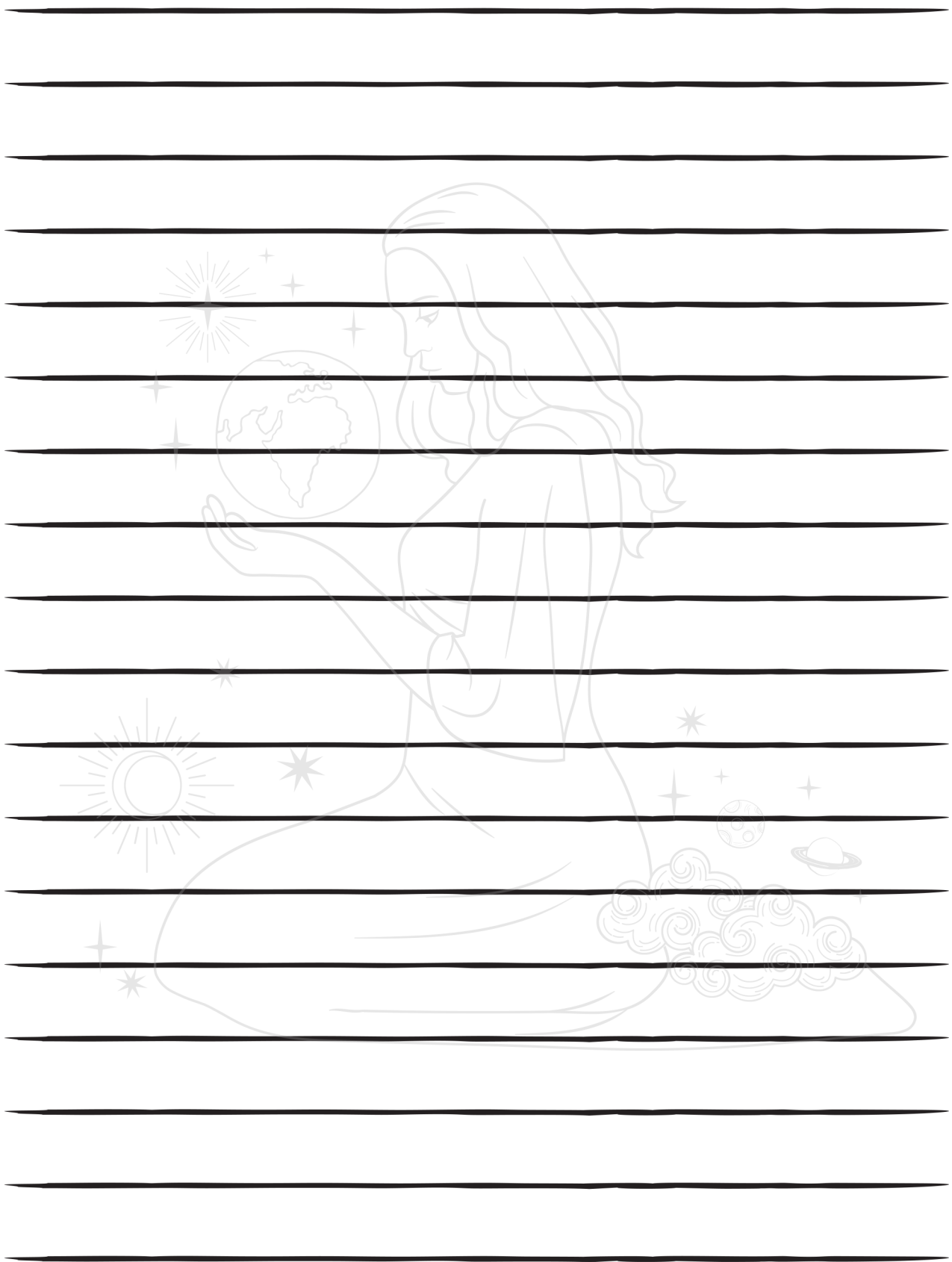
What core values do you hold, and how do they align with your current life choices?



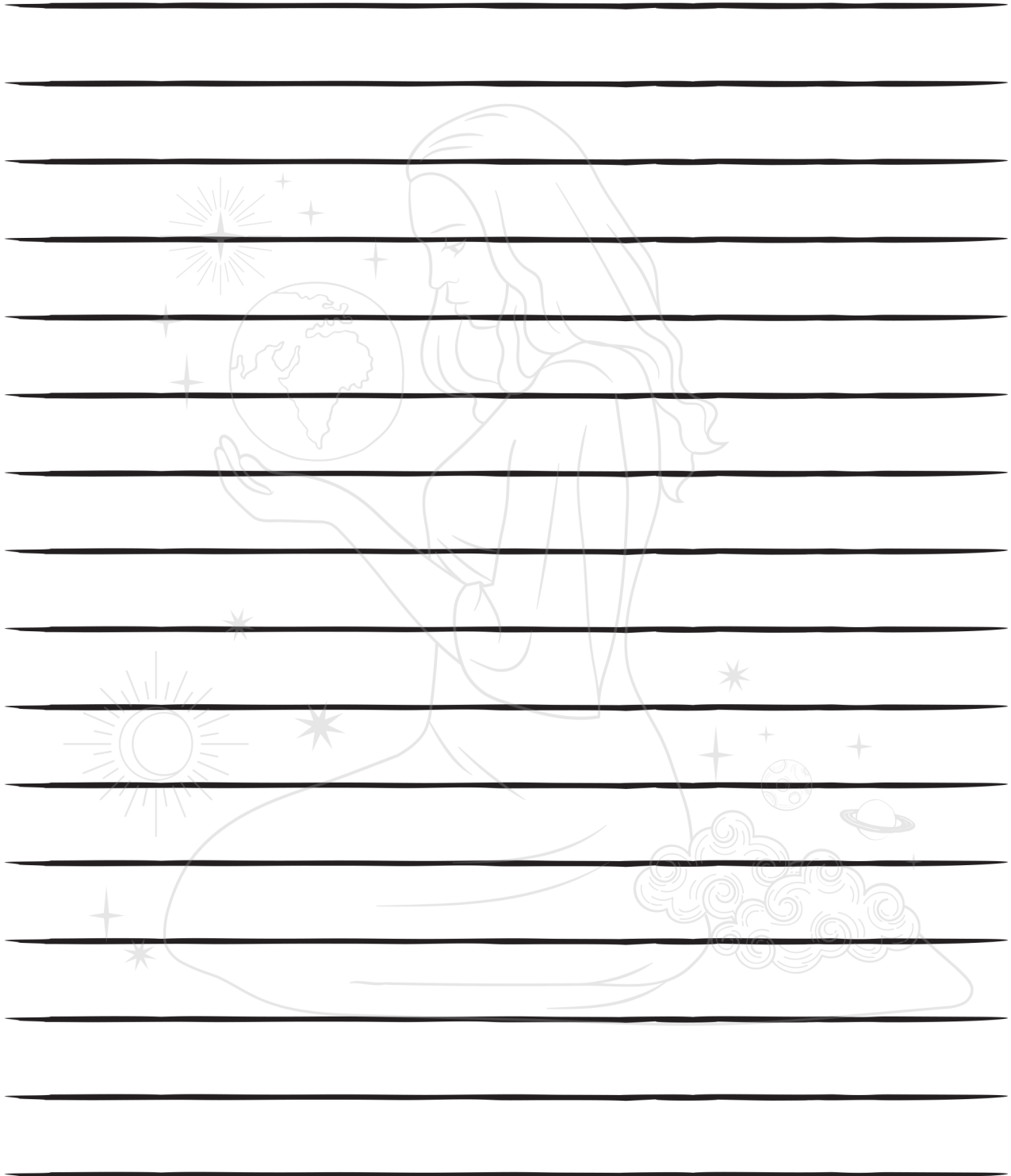


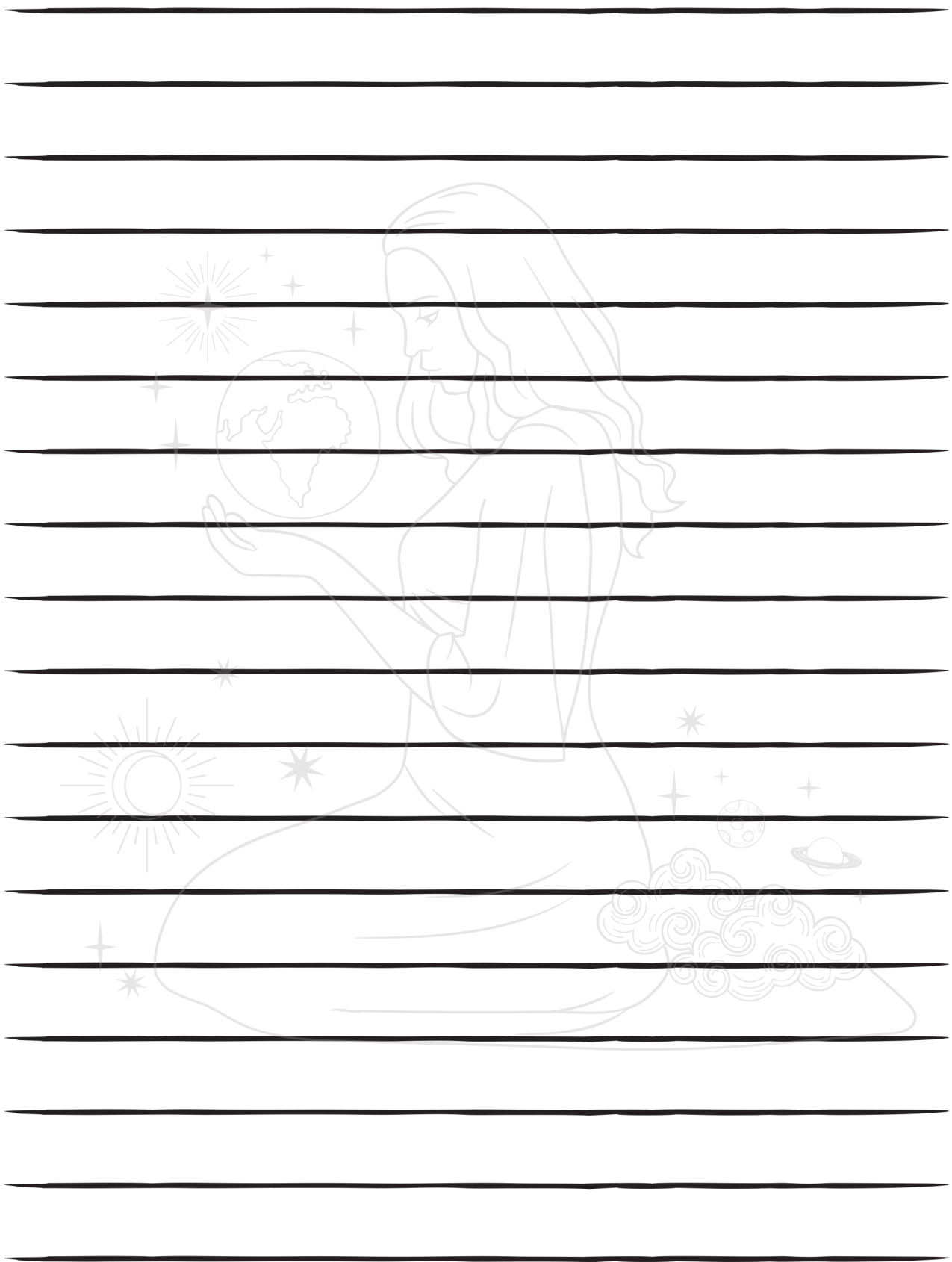
Reflect on a time when you experienced guilt or shame.
What can you learn about yourself and your values from this
experience?



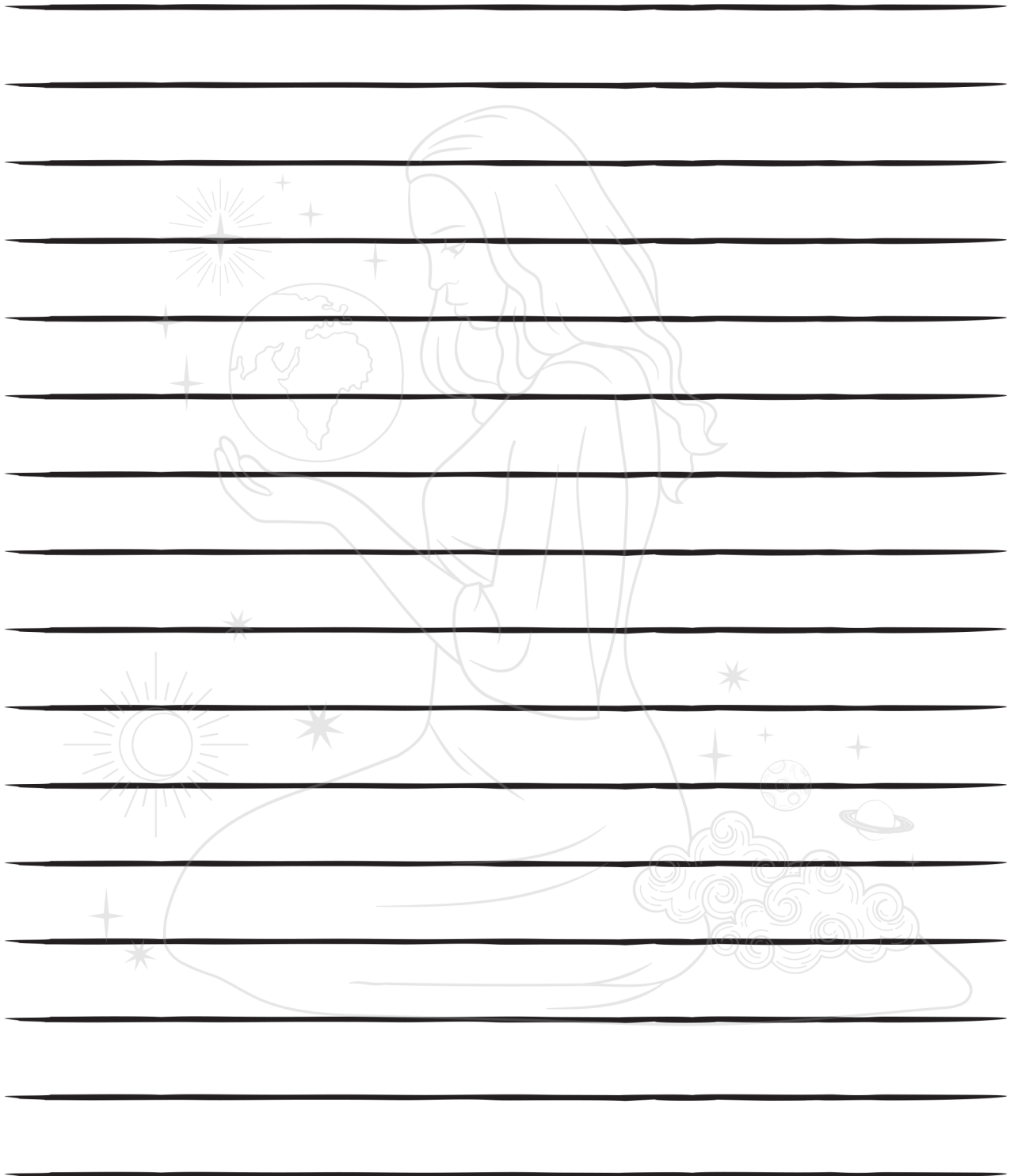


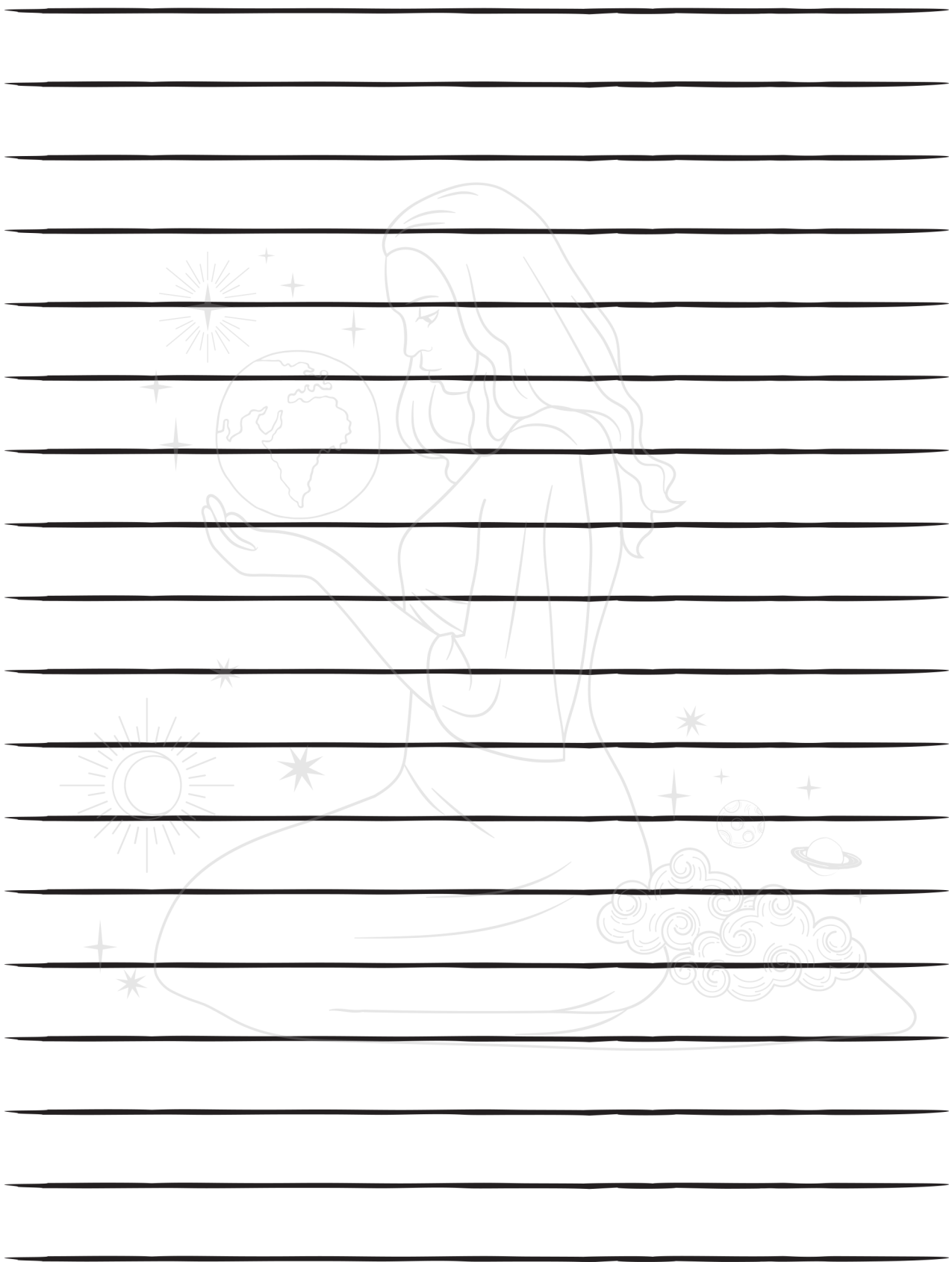
How do you define happiness and contentment? What steps can you take to cultivate these feelings in your life?



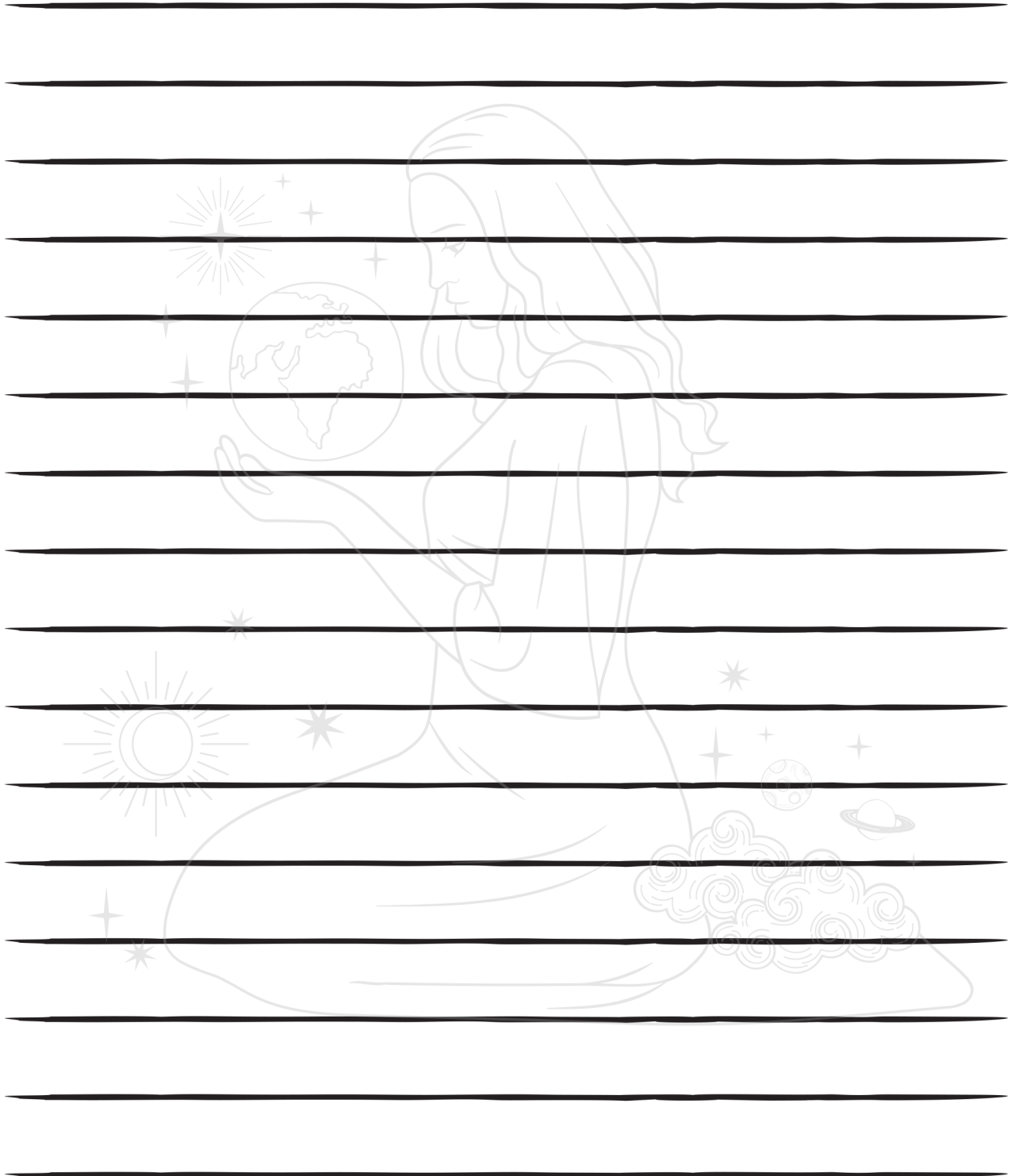


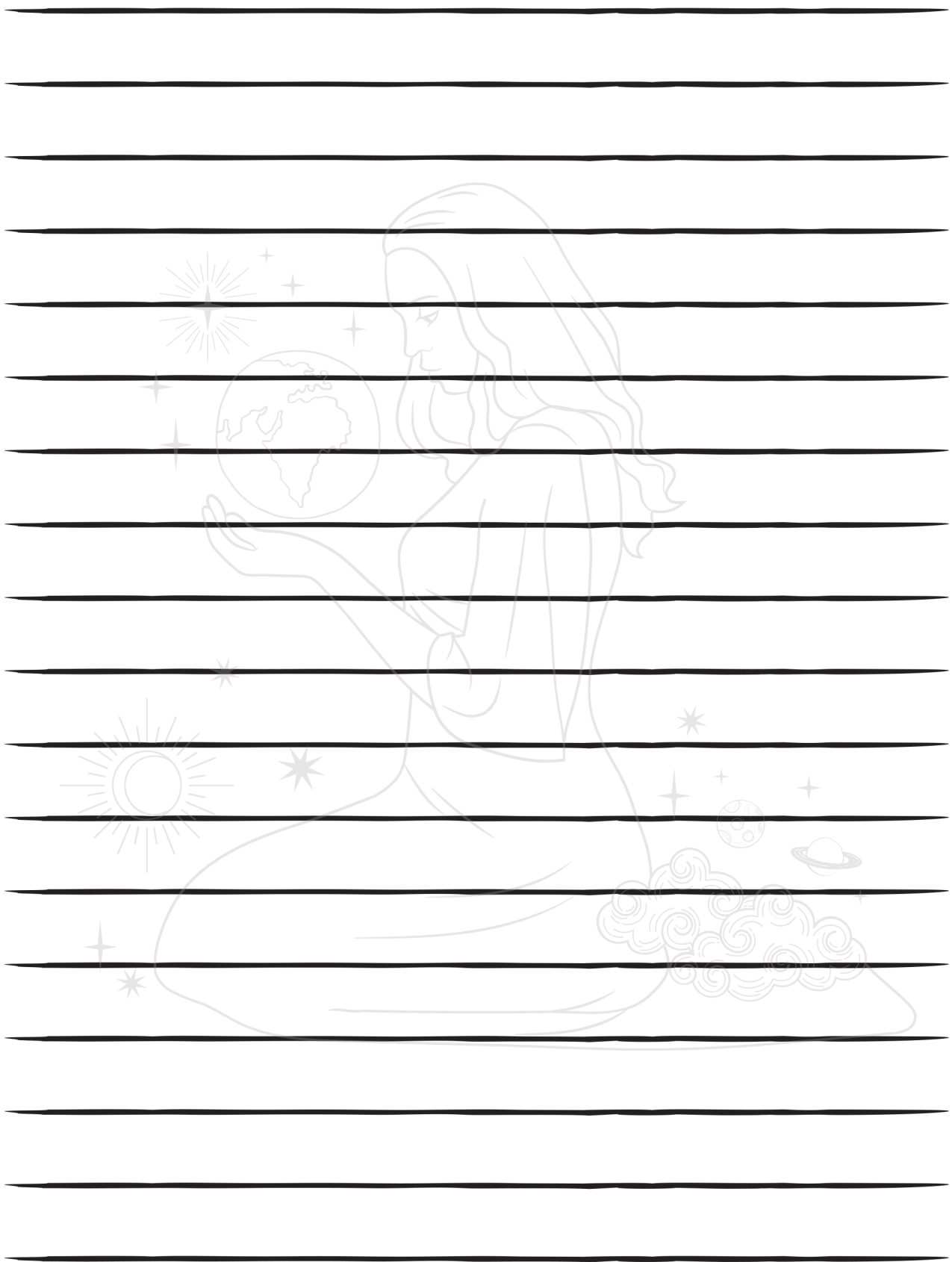
How do you balance your own needs with the needs of others? Are there areas where you could improve?



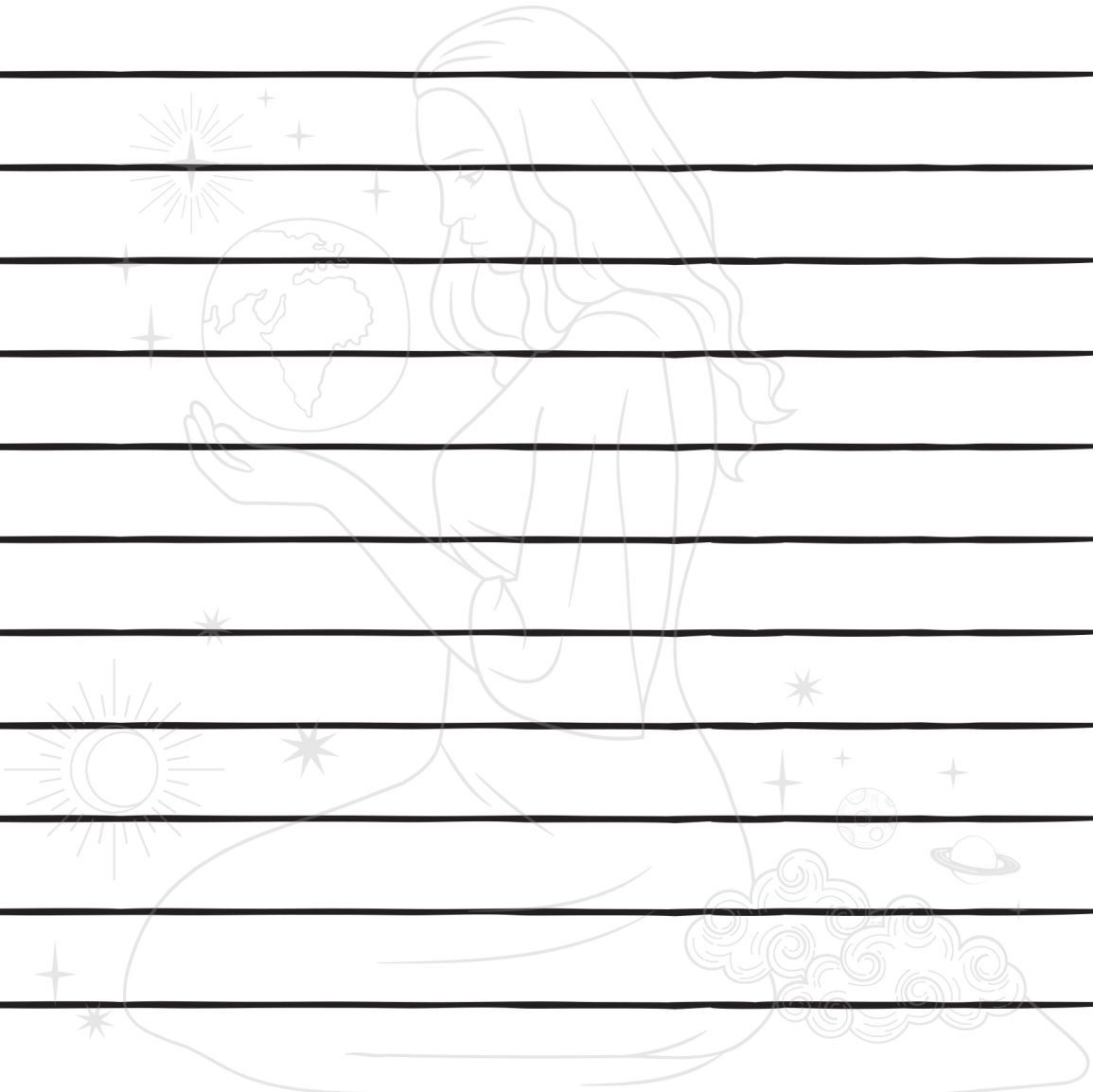


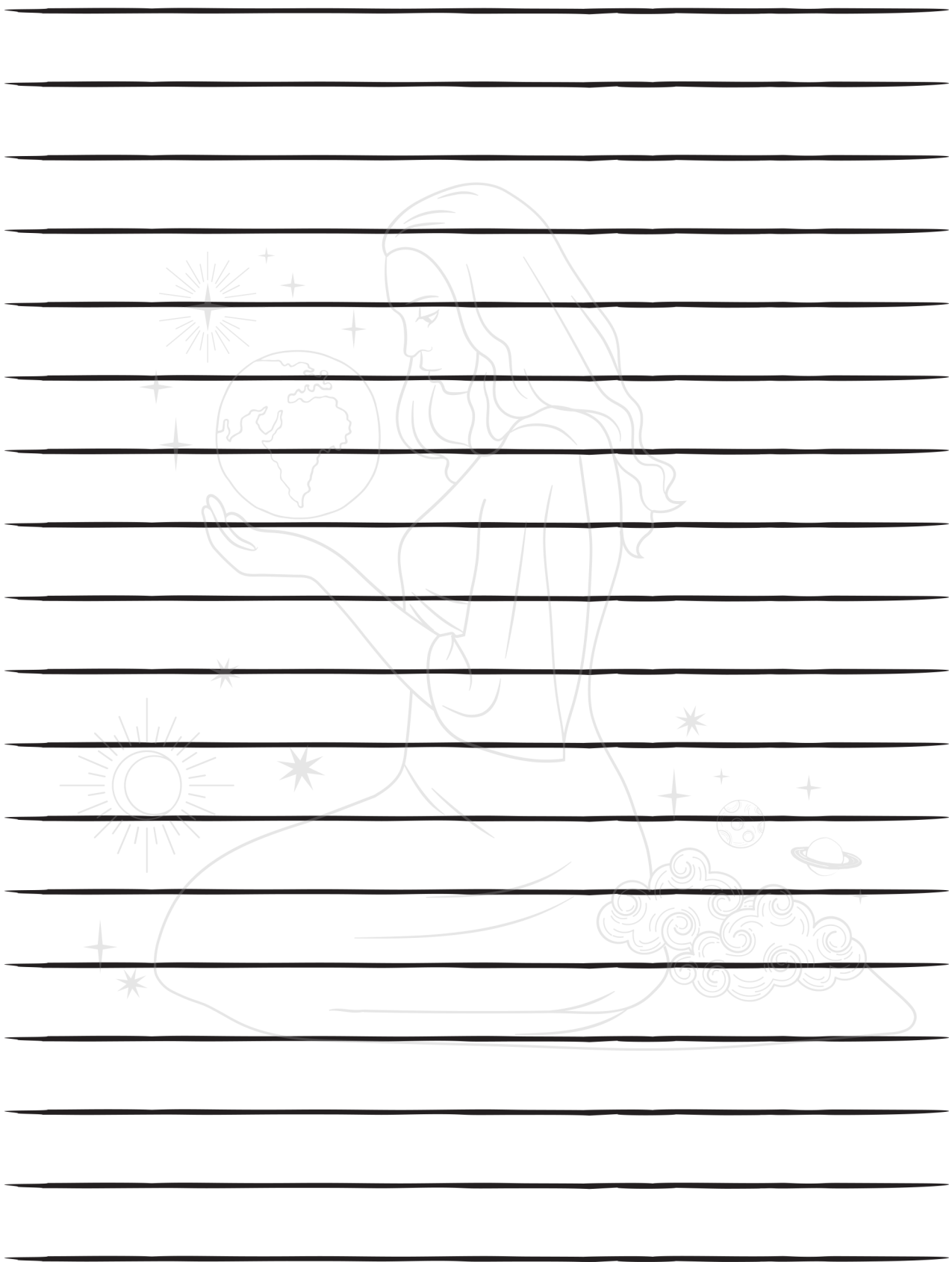
What emotions do you tend to suppress or avoid, and why? How might you begin to acknowledge and process these emotions?



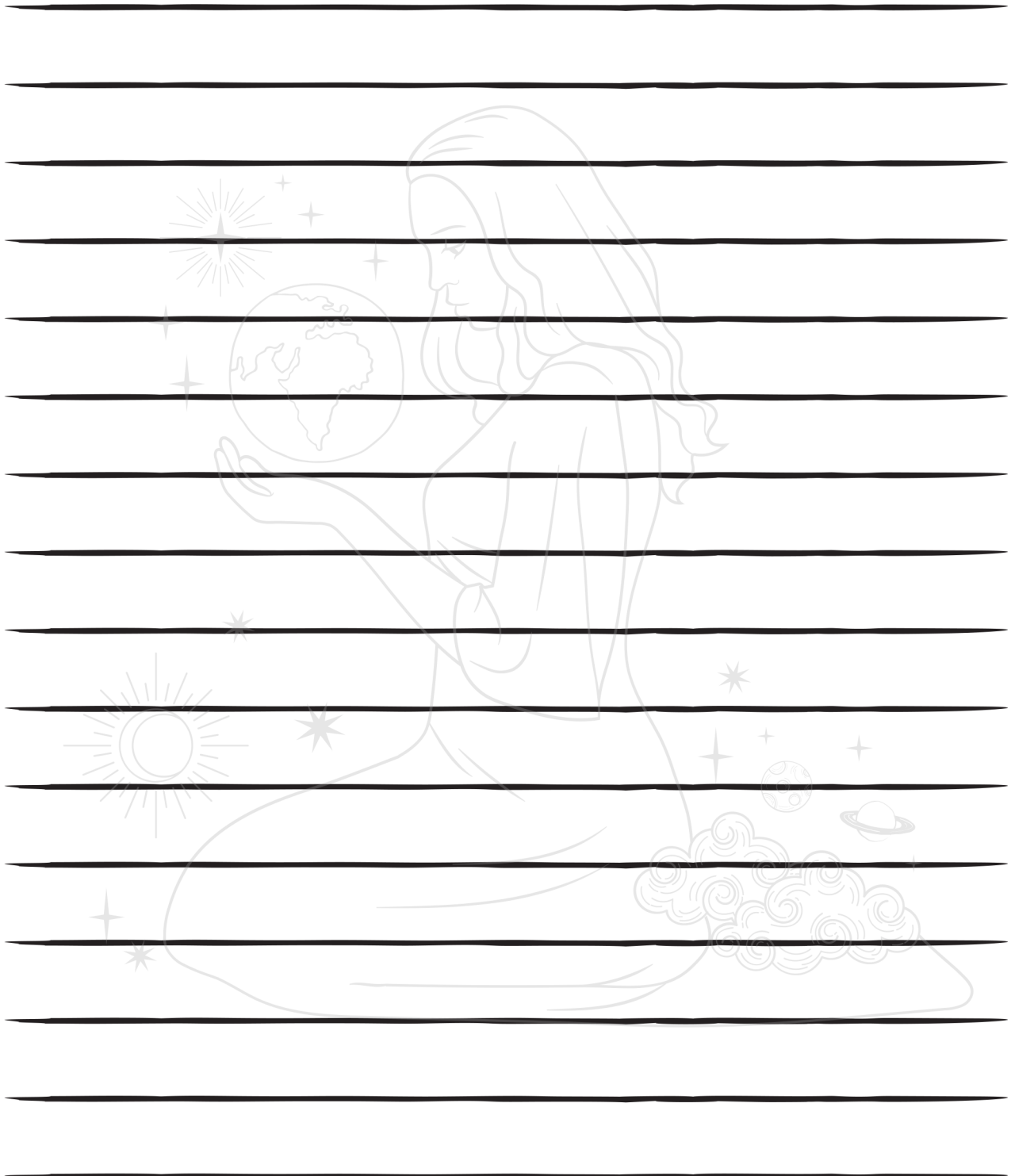


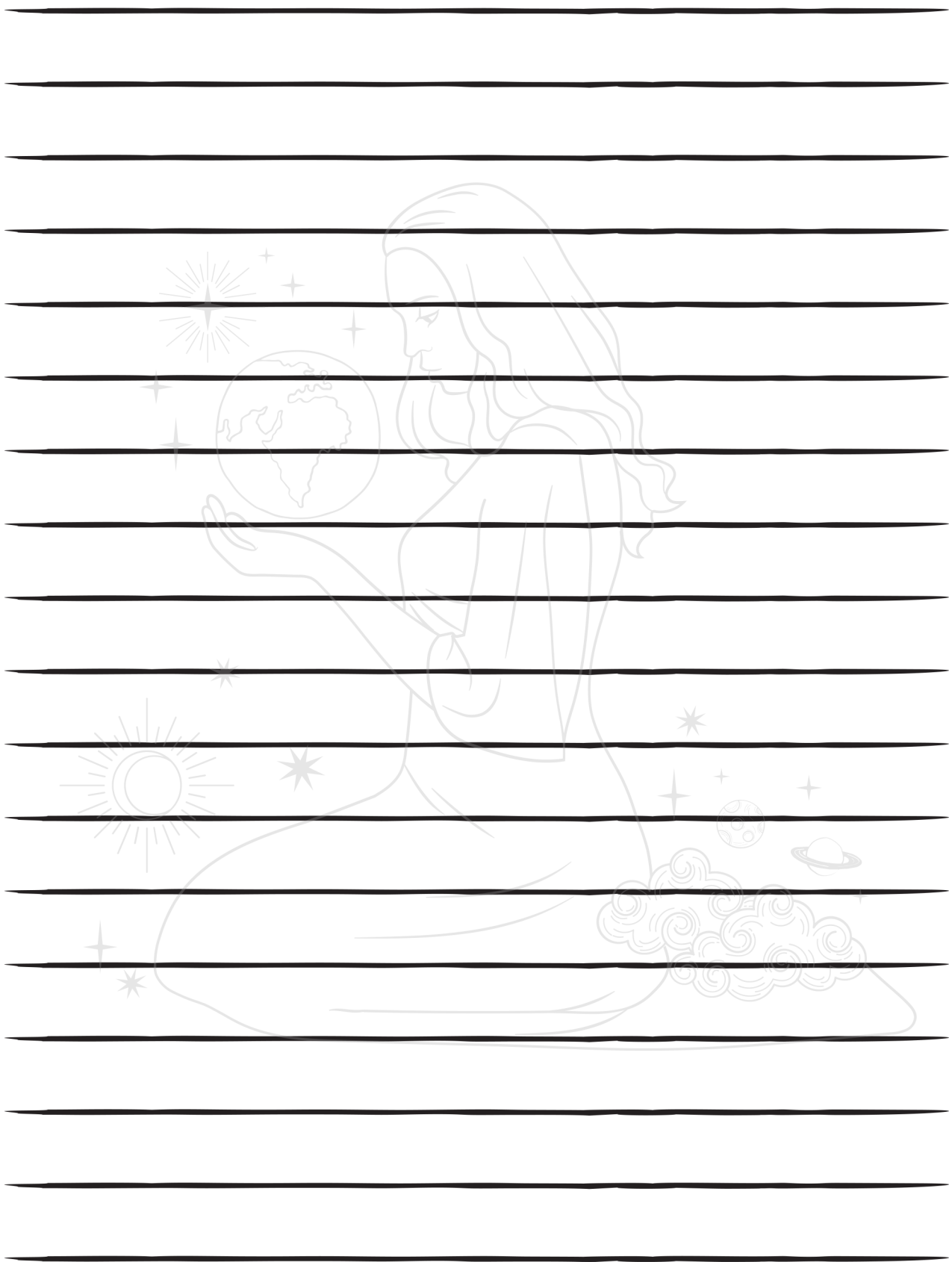
What parts of your identity have you hidden or denied out of fear or societal pressure? How can you embrace these aspects of yourself more fully?



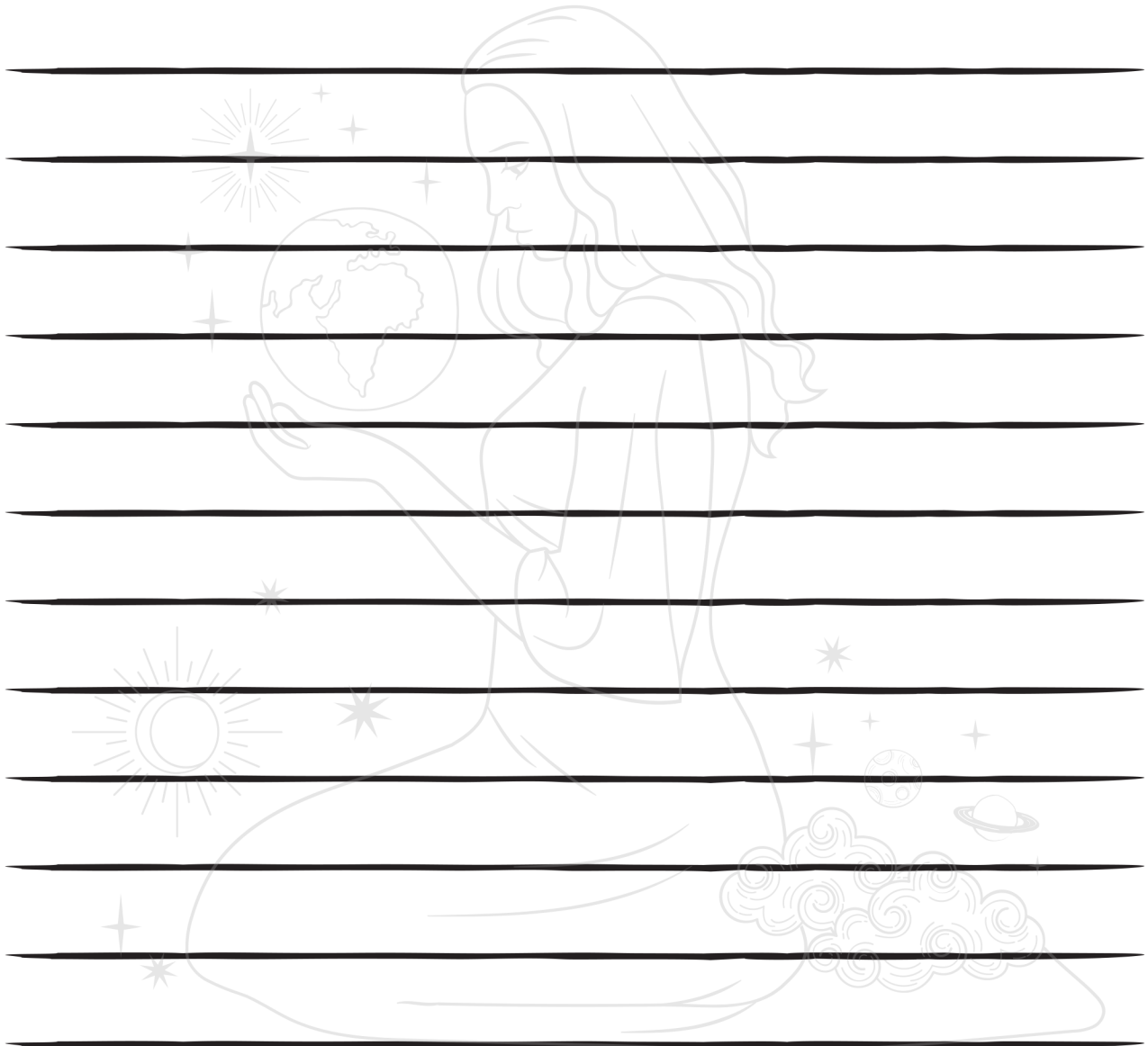


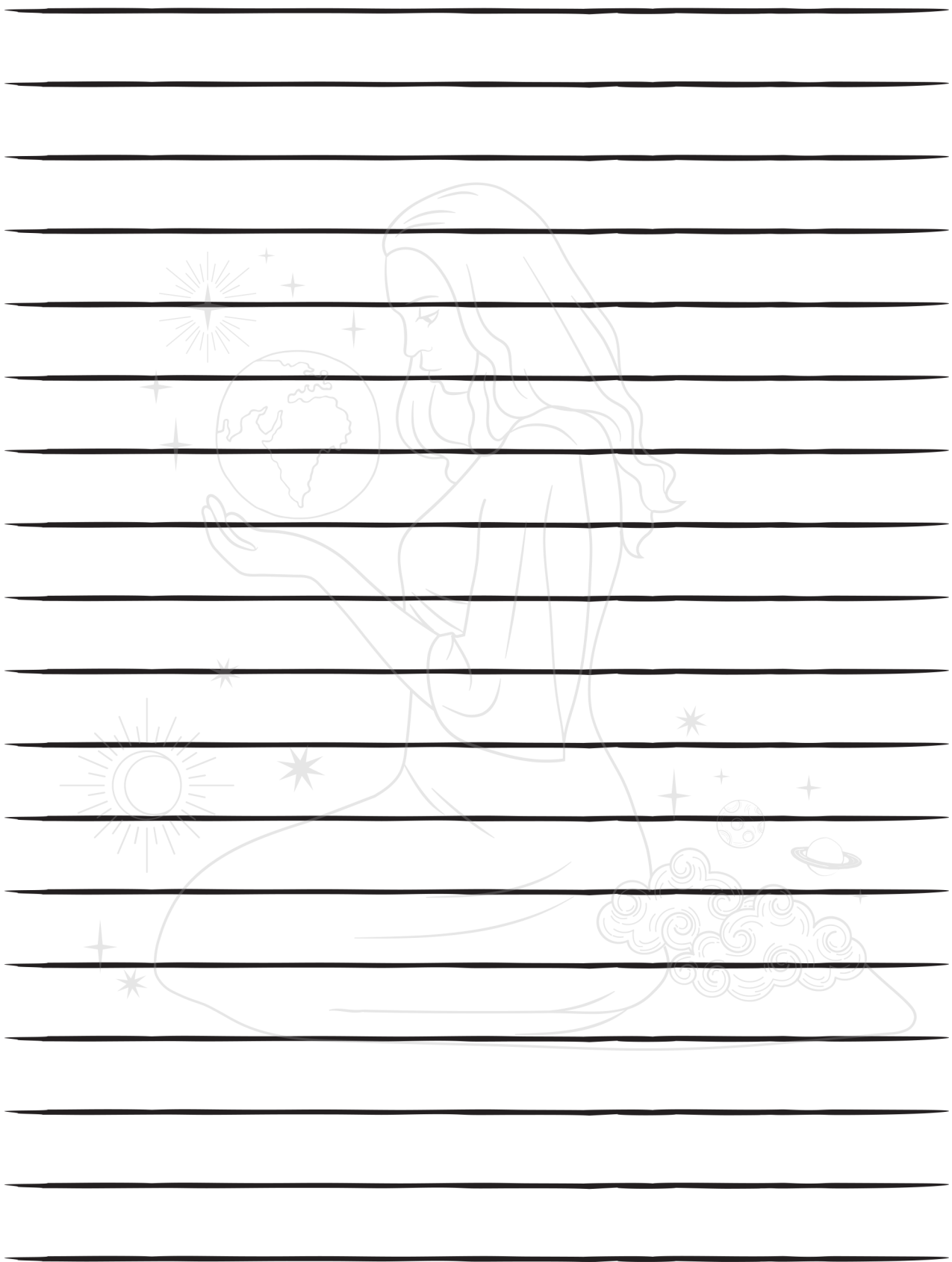
Reflect on a time when you felt truly fulfilled and at peace.
What can you learn from this experience to apply to your
life now?



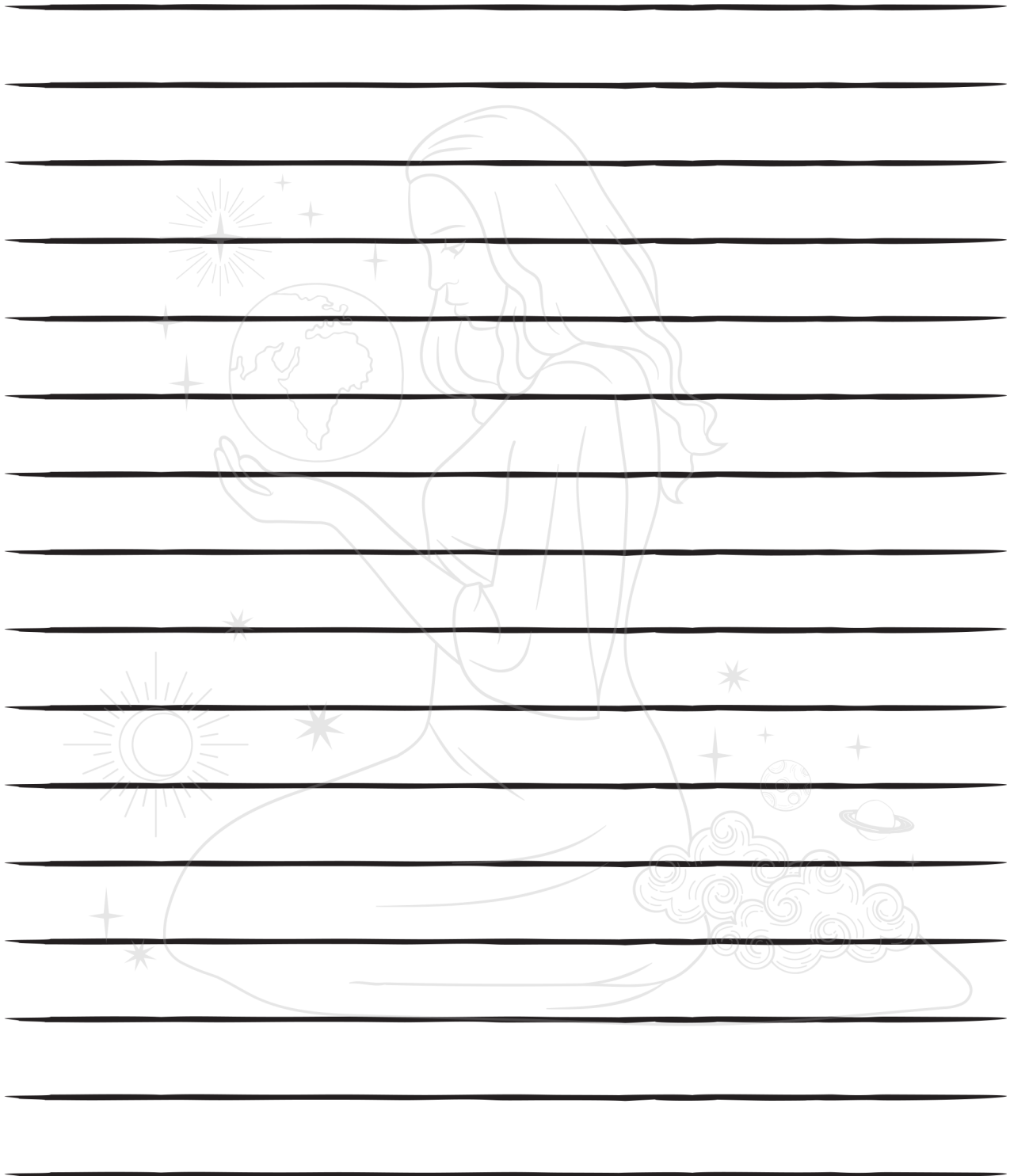


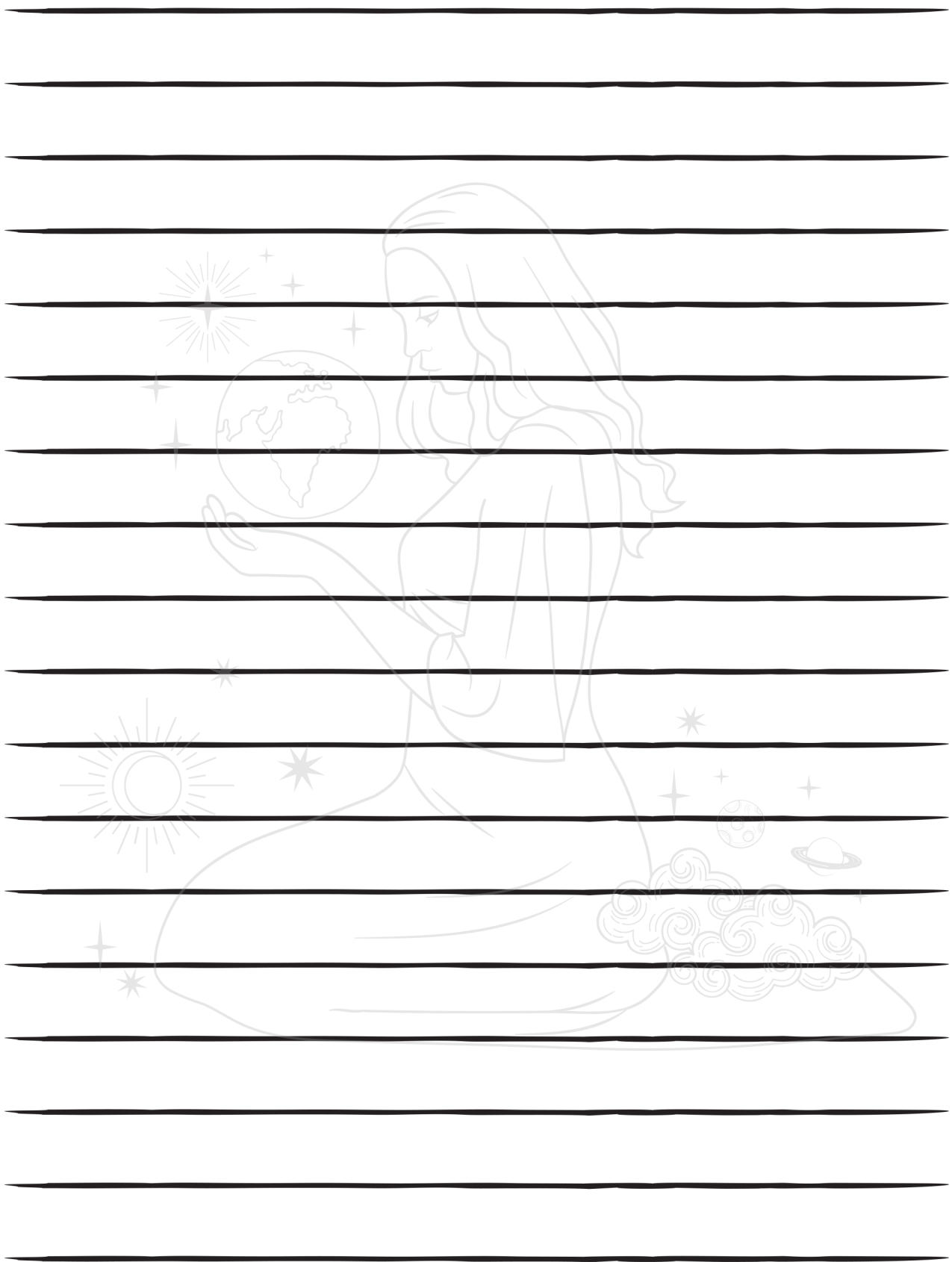
How do you handle conflicts in your relationships? Are there healthier ways to communicate and resolve issues?



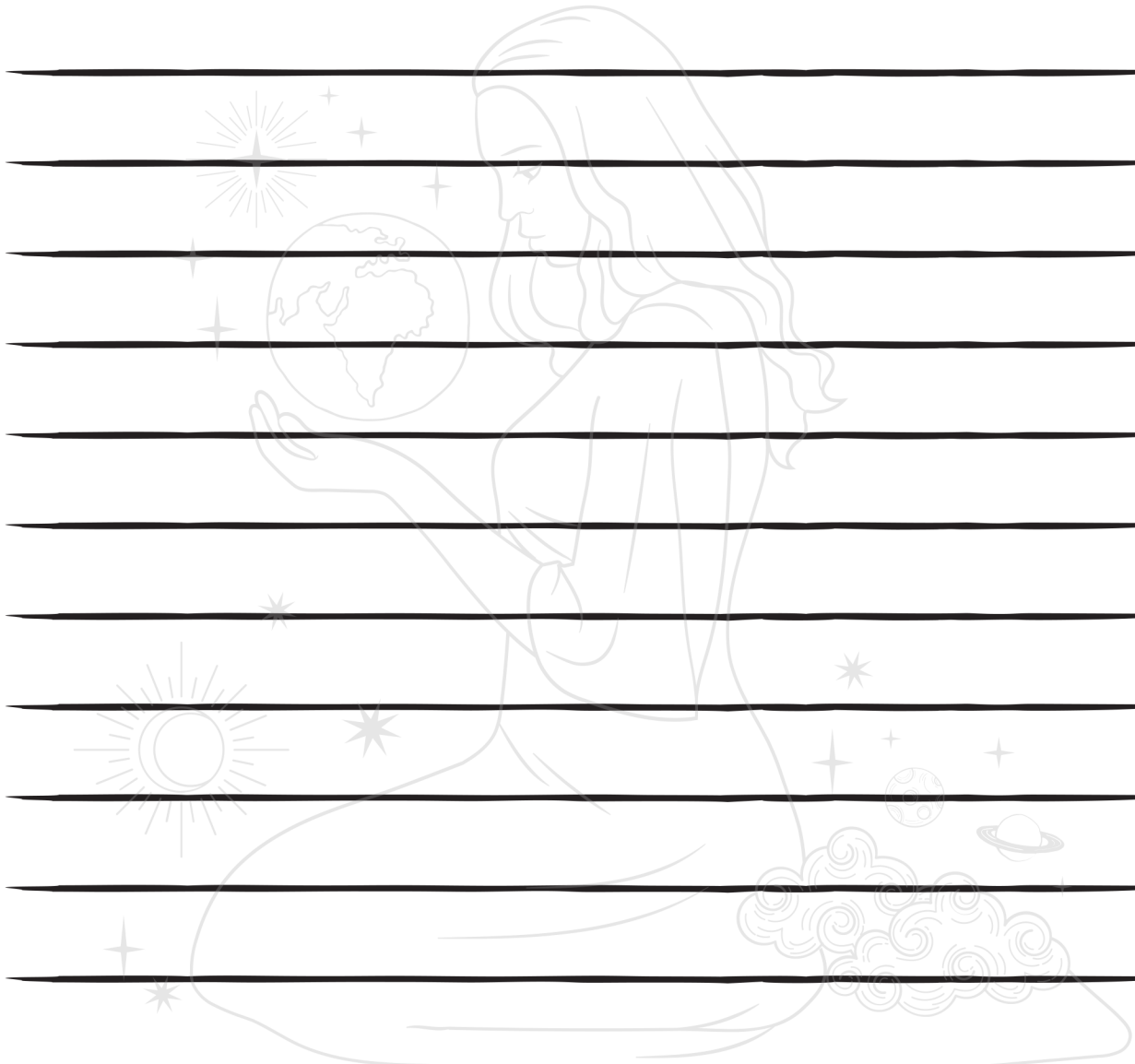


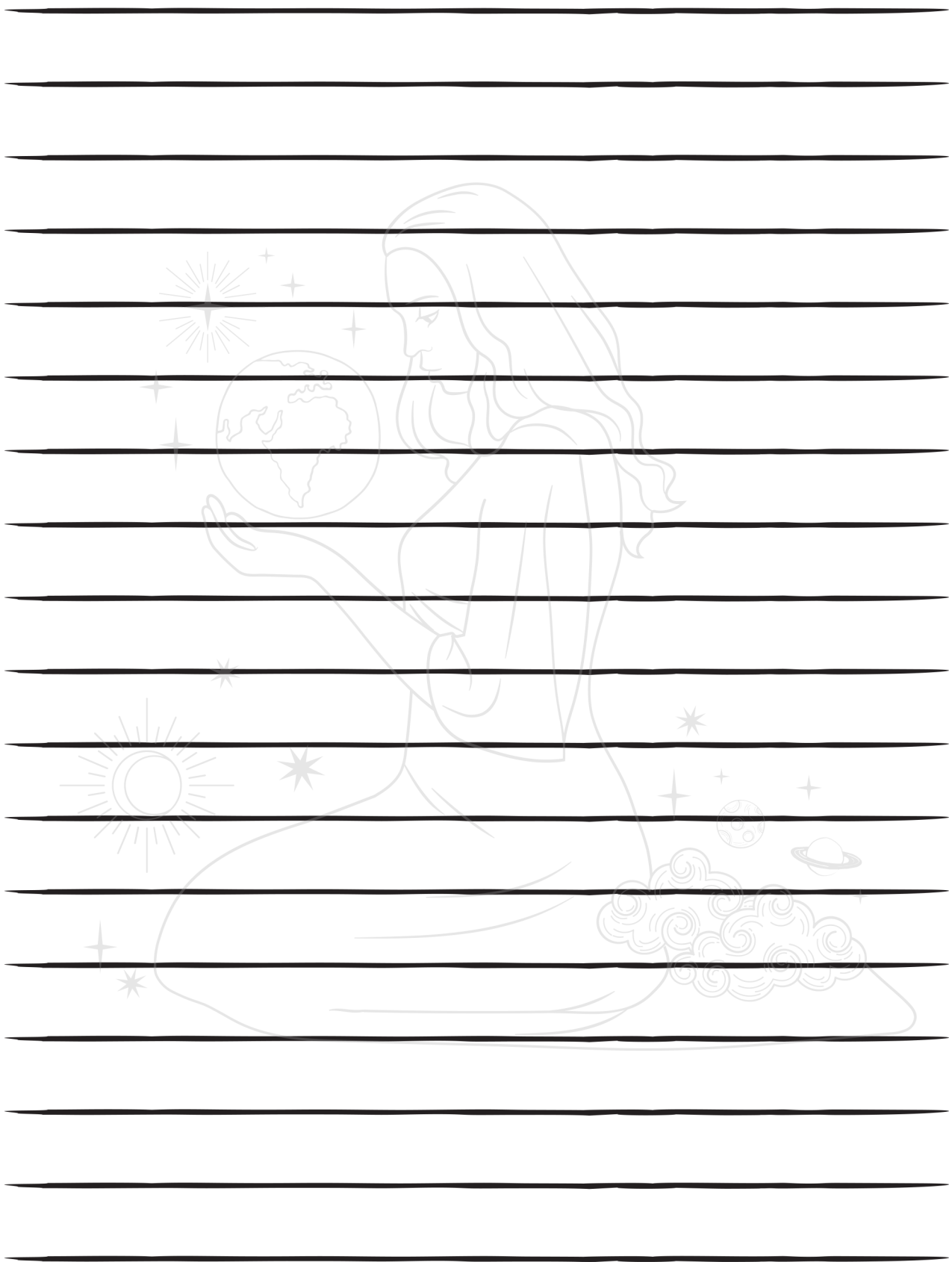
In what ways do you hold onto grudges or resentment?
How might releasing these feelings benefit you?



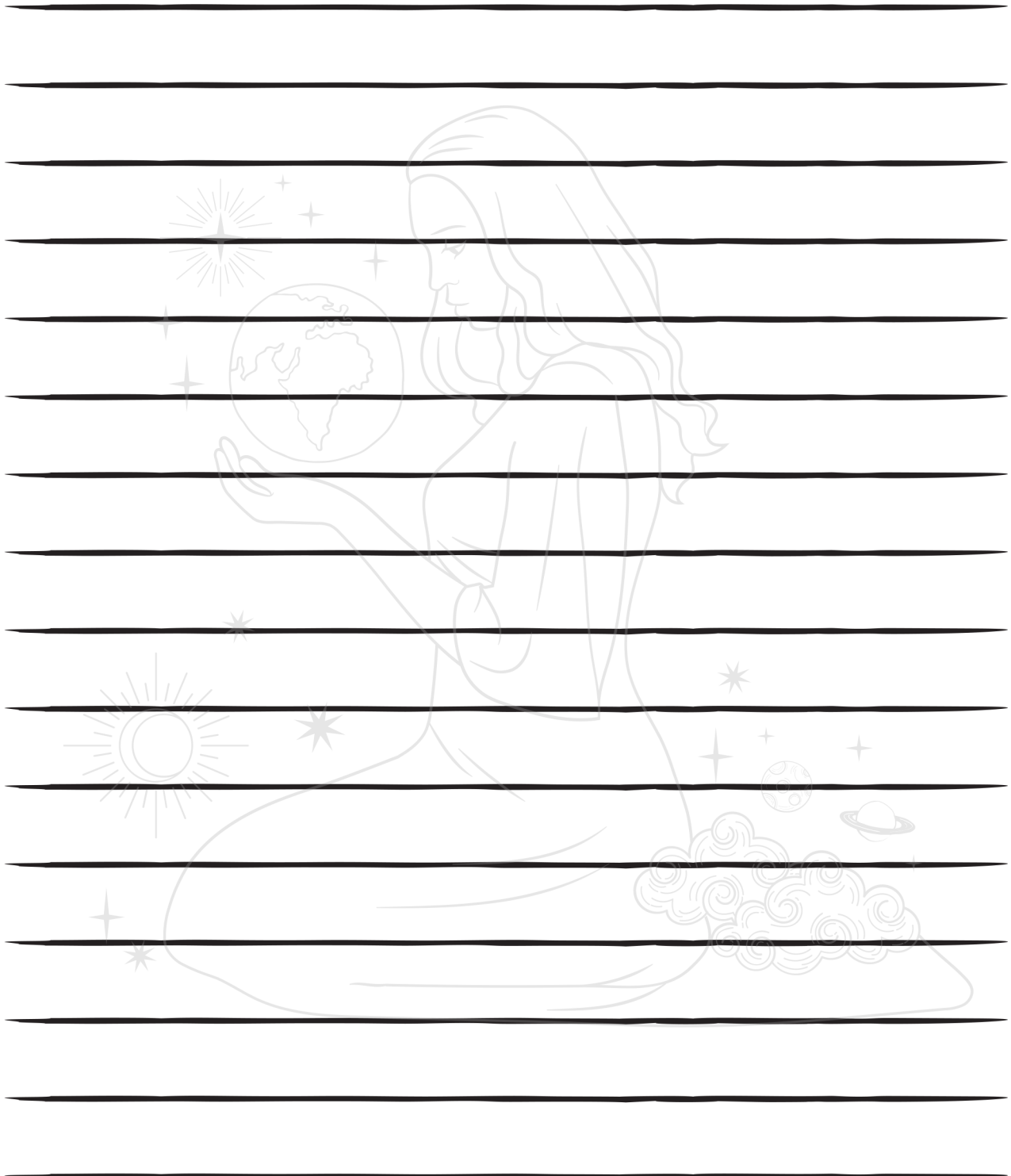


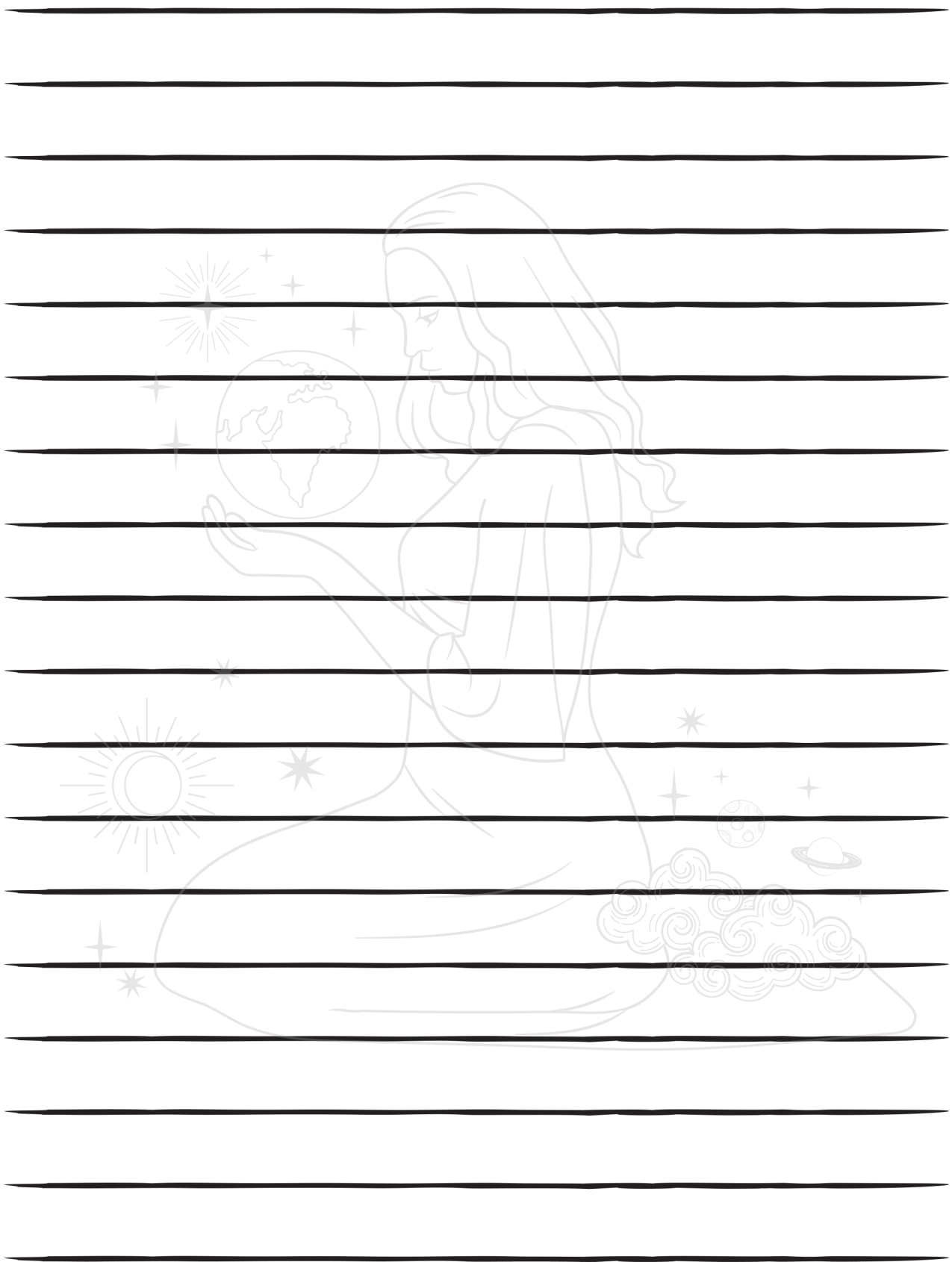
How does the concept of forgiveness resonate with you? Are there people or situations you need to forgive, including yourself?



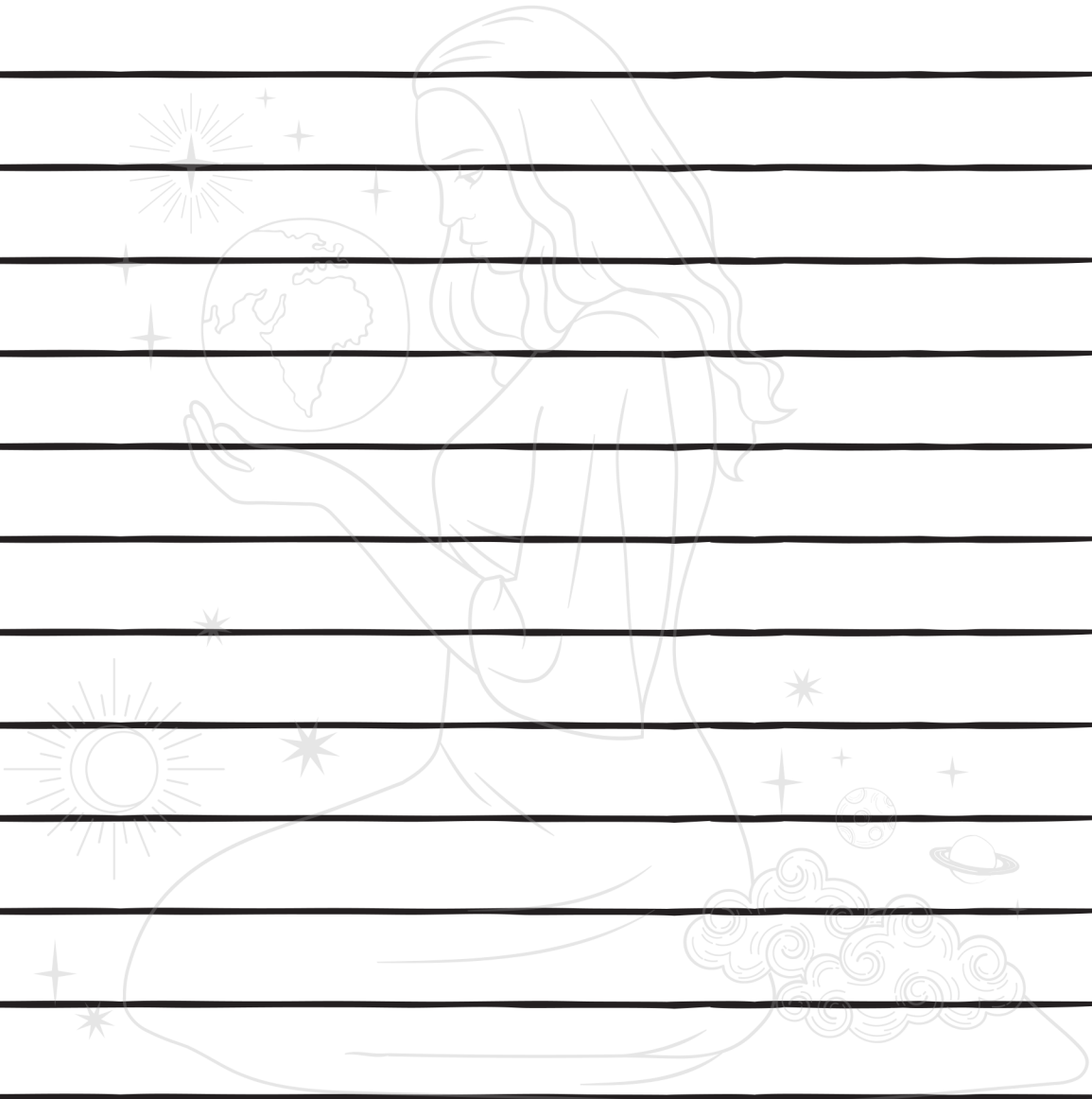


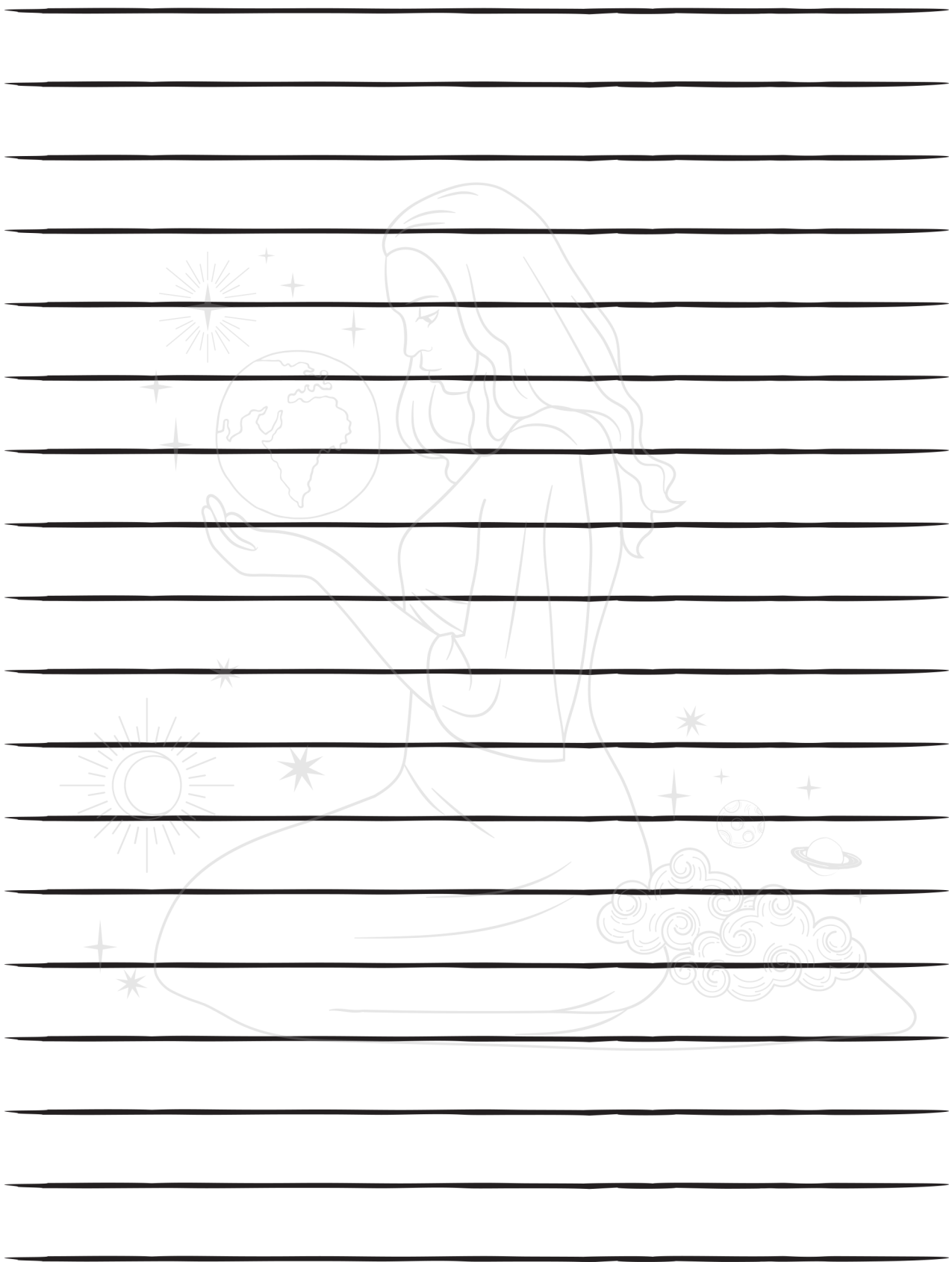
What are your primary sources of inner strength and resilience? How can you nurture and develop these resources further?





Reflect on your personal growth journey thus far. What have you learned about yourself, and what steps can you take to continue your transformation through shadow work?





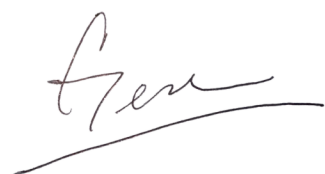
Dear Journal Writer,

Congratulations on completing the 30 days of introspective journaling. Your commitment to exploring your inner world and confronting your shadows is truly inspiring. I hope that this journey has been enlightening and transformative, and that you have gained a deeper understanding of yourself. Remember that personal growth is an ongoing process, and the insights you have gathered here are only the beginning.

As you continue to apply the wisdom you have gained from these prompts, be patient with yourself and honor the progress you have made. It takes time and effort to integrate your newfound self-awareness into your daily life, and it's important to practice self-compassion as you navigate the challenges and opportunities that lie ahead. You have shown immense courage in undertaking this journey, and I believe that you are now better equipped to cultivate a more authentic and fulfilling life.

May your path be filled with continued growth, self-discovery, and love. I am truly grateful for the opportunity to have been a part of your journey, and I wish you all the best in your ongoing quest for self-understanding and personal transformation.

Well done warrior!

A handwritten signature in cursive script, appearing to read "Gena", with a long horizontal line extending from the end of the signature.

