THE 7-DAY SHADOW WORK CHALLENGE

Notice your patterns. Get curious. Meet yourself with compassion.

Shadow work begins with simple self-observation. Spend 5–10 minutes each day noticing your thoughts, feelings, and reactions—without judging yourself or trying to fix everything. Keep it gentle, stay curious, and move at your own pace.

DAY	DAILY AWARENESS	JOURNAL PROMPT	DONE
1 · NOTICE	Notice one moment when you felt upset, irritated, jealous, or uncomfortable. Pause and name the feeling.	What happened? What did I feel?	☐
2 · NAME IT	Choose one emotion you experienced today, such as frustration, worry, embarrassment, or disappointment.	When did this feeling show up?	☐
3 · SPOT A PATTERN	Think of a reaction you have had more than once. Notice what situations seem to bring it out.	What tends to trigger this reaction?	☐
4 · QUESTION THE STORY	When something bothers you, notice the explanation you immediately give yourself. Consider another possibility.	What am I assuming? What else could be true?	☐
5 · FIND THE NEED	Think about a recent difficult moment. Consider what you may have needed at the time.	Did I need support, respect, rest, reassurance, or space?	☐
6 · SHOW YOURSELF KINDNESS	Notice one part of yourself you sometimes criticize or hide. Practice responding to it with kindness.	What would I say to a friend in this situation?	☐
7 · CHOOSE A RESPONSE	Look back at one pattern you noticed. Think of one small, helpful response you could try next time.	What did I learn? What would I like to practice?	☐

KEEP IT SIMPLE	END-OF-WEEK CHECK-IN
1. Notice without judging. 2. Get curious about your feelings. 3. Treat yourself with compassion.	What emotion or pattern did I notice? What might I need more of? What small response will I practice?

A gentle reminder: You do not need to revisit painful memories or force difficult emotions. Skip any prompt that feels overwhelming and return to it only if and when you feel ready. The goal is self-understanding, not self-criticism.

VISIT THEBODYOWL.COM for more resources.

This challenge is to get your JUMP START.

The books and classes are designed to continue your journey and achieve lasting results!

Suggested Books: Unmasked Self Reflection Workbook, STOP Chasing Tarzan/Eve, Innocence Found

The Body Owl LLC.