

## *My Personal Road Map (Shadow Work)*

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### *What have I ACCOMPLISHED, so far?*

“Anything that was a task finished, a chapter closed- is an accomplishment.” (T.B. Cooper)

#### *Exercise: Treat your life like a CHECKLIST*

Each life we live is different from any other life ever lived or will be lived; either by us or by the billions of other souls in this world. Some of us are destined for greatness, right now; while others are meant for something less grand, but still just as important and necessary.

The point of Shadow Work is to connect to our inner selves and find out who we really are- from a “big picture” point of view. A good starting point to get to the nitty-gritty darkness of our souls is to start with the good stuff, first. And to clarify- Darkness does not mean evil; darkness is instead a reference to the wounds & scars we carry upon our hearts and souls.

*\*Read over the following directions completely, BEFORE beginning the lesson.*

That’s where this lesson is going to take you. Today, we’re going to find some of that good stuff by looking back on your life so far... all that you have accomplished, whether the results were good or bad. And how we’re going to do that is by reviewing events in your life (good or bad, big or small) that you have completed in some way.

I want you to close your eyes for a bit and think of your life as one big, albeit-overwhelming, checklist. If we apply this idea to this exercise, what it is we are trying to focus on is events that have been completed- either by victory or defeat. Perhaps when one event ended- you got ahead in life (i.e. a graduation or a promotion), or you survived something life threatening (i.e. a car crash or giving birth), or maybe you helped someone in a way that impacted their lives (i.e. introduced your friend to their spouse, or talked someone out of suicide).

Only you know what your accomplishments are; and these can be big or small... anything that was a task finished, a chapter closed- is an accomplishment, for this exercise. (You can see an example of my own list from the online lesson)

After you’ve started your list and written down as much as you can think of, take a few moments to reflect on each “event” you listed. Then, like you did in Lesson #1 of Shadow Work, you have several **Event Reflection Blocks** near the end of this exercise to explore further some of the events you’ve listed. Perhaps some of these you hadn’t thought about listing in Exercise 1. You can dissect these additional events using the same format to further understand the lessons you’ve learned from each one.





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Event #1	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #2	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #3	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #4	
Lesson #1	
Lesson #2	

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Lesson #3	
Lesson #4	
Lesson #5	

Event #5	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #6	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #7	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

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Event #8	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #9	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #10	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #11	
Lesson #1	
Lesson #2	

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Lesson #3	
Lesson #4	
Lesson #5	

Event #12	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

Event #13	
Lesson #1	
Lesson #2	
Lesson #3	
Lesson #4	
Lesson #5	

**\*\*As a reminder...** The point of the **Event Reflection Block** is to find SOMETHING that was good, or that you learned by living through it.

Saying that nothing good came out of an experience, is a LIE to YOURSELF.

The fact that you are still ALIVE & BREATHING, says that YOU STILL HAVE A PURPOSE.

Every day you wake up can either be your best day yet, or your worst. It's all in how you perceive the world around *and* within you.

**\*\*\*Feel free to use another separate piece of paper to record and reflect on even more Life Changing Events. Or go to my website to download pages with these boxes and so much more!**