

# COMPLETE SHADOW WORK & INNER WISDOM JOURNAL

*A Transformational Guide to Self-Discovery &  
Personal Growth*



BY VELVETVEILPRINTABLES



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# INTRODUCTION TO SHADOW WORK

*What is shadow work, benefits, safety guidelines, and how to use this journal*

**Prompt:** What triggered me today, and what might this reveal about my shadows?

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**Prompt:** What mask or persona did I wear today? What authentic part was I hiding?

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# IDENTIFYING YOUR SHADOWS

*Exercises to recognize shadow aspects, triggers, and patterns*

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# CHILDHOOD & FAMILY PATTERNS

*Exploring family dynamics, childhood wounds, and inherited patterns*

[illegible]





CHILDHOOD & FAMILY PATTERNS - PAGE 4

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CHILDHOOD & FAMILY PATTERNS - PAGE 6

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## This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has rounded corners on the left side and a small tab-like cutout at the top center. The overall appearance is that of a clean, unused piece of stationery or notebook paper.



## CHILDHOOD &amp; FAMILY PATTERNS - PAGE 10

# RELATIONSHIP SHADOW WORK

*How shadows appear in relationships, projection work, boundaries*

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# EMOTIONAL INTEGRATION

*Working with difficult emotions, acceptance practices, healing work*





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# SHADOW ARCHETYPES & PERSONAS

*Exploring different shadow aspects and personality masks*



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# TRANSFORMING SHADOW INTO POWER

*Integration practices, reclaiming disowned parts, authentic self*



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# DAILY SHADOW CHECK-INS

*Daily prompts for ongoing shadow awareness and integration*

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# REFLECTION & PROGRESS TRACKING

*Monthly reviews, progress tracking, and celebration of growth*

# JANUARY MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>
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## MONTHLY LUNAR REFLECTIONS

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# FEBRUARY MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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## MARCH MOON PHASES

### New Moon

Date: \_\_\_\_\_

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### Waxing Moon

Date: \_\_\_\_\_

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### Full Moon

Date: \_\_\_\_\_

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### Waning Moon

Date: \_\_\_\_\_

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## MONTHLY LUNAR REFLECTIONS

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# APRIL MOON PHASES

<b>New Moon</b> Date: _____ _____ _____	<b>Waxing Moon</b> Date: _____ _____ _____	<b>Full Moon</b> Date: _____ _____ _____	<b>Waning Moon</b> Date: _____ _____ _____
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## MONTHLY LUNAR REFLECTIONS

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# MAY MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>_____</p> <p>_____</p>
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## MONTHLY LUNAR REFLECTIONS

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# JUNE MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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# JULY MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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# AUGUST MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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# SEPTEMBER MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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# OCTOBER MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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# NOVEMBER MOON PHASES

<p><b>New Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waxing Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Full Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>	<p><b>Waning Moon</b></p> <p>Date: _____</p> <p>.....</p> <p>.....</p>
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## MONTHLY LUNAR REFLECTIONS

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## DECEMBER MOON PHASES

### New Moon

Date: \_\_\_\_\_

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### Waxing Moon

Date: \_\_\_\_\_

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### Full Moon

Date: \_\_\_\_\_

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### Waning Moon

Date: \_\_\_\_\_

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## MONTHLY LUNAR REFLECTIONS

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## **Complete Shadow Work & Inner Wisdom Journal**

Created with love by VelvetVeilPrintables

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