

Embracing the Child Within

Shadow Work Journal

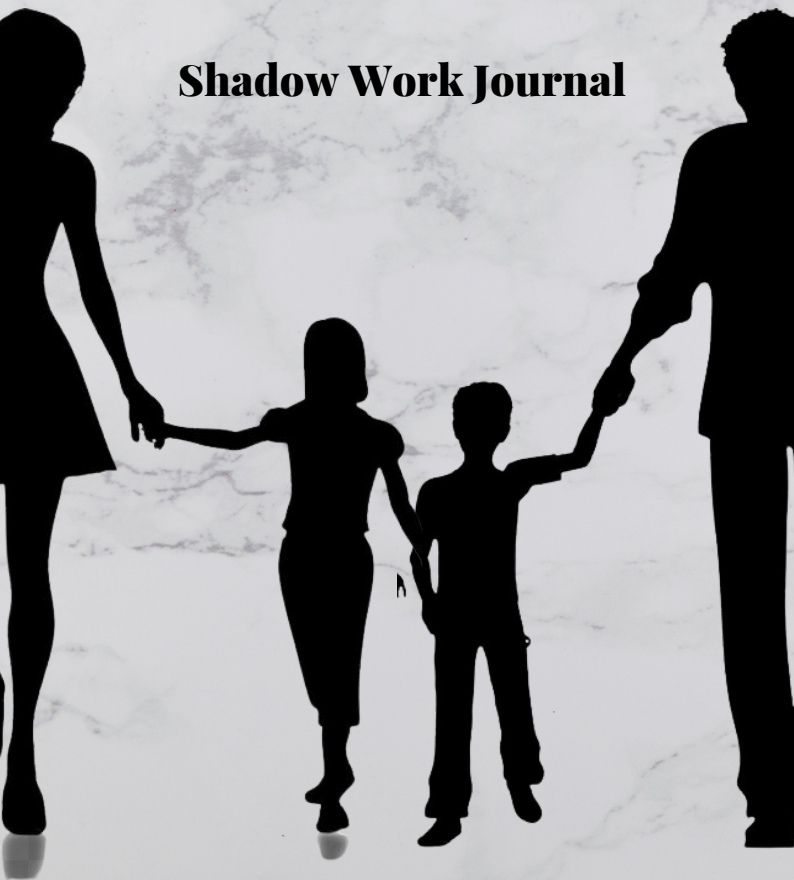


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What is Shadow Work

"Shadow work is simply becoming aware of what's hidden and gradually healing those aspects of yourself. When you start shadow work, you may feel the way you felt as a child when you were forced to suppress those emotions. But once you overcome it, it may open your eyes to a whole new side of you you had no idea existed."

What Will You Get Out of This Journal

Throughout this journal, you will be faced with situations that may bring up pain. Do not deny yourself the chance to feel every emotion. It may become overwhelming at times. During these times, take a step back.

It is okay to not be okay.

The journal is made to make you think about things you may have not thought about in years. This process will cause you to dig up all the old traumas, face them, and release them.

You are stronger than you realize and at the end of this process, you will meet the person you avoided for so long. Embrace the new you but understand shadow work is a never ending process. This is your blueprint for continual growth. May you find peace, joy, and everlasting love for yourself.

Love,
Jeannetta

Contract With Yourself

I _____ (enter your name)
will show up for myself.

I will do the work I need to
because my healing is in my control.

Even when it gets hard,
I will push myself to uncover unhealed trauma.

I am protected by my higher source.

I am safe.

I am aware.

I am meant to live the life of my dreams.

In order to do this,

I will face that which meant to break me.

I am a warrior in my life.

Love,

What are Affirmations

Affirmations are powerful statements that can positively help you control your thoughts. Most will begin with "I AM." Everything after those two words, create your reality. Throughout this journal, you will go through a rollercoaster of emotions. So after each Q&A, there will be a page for you to affirm who you know you are.

I am amazing

I am creative

I am beautiful

I am successful

I am divine

I am financially abundant

I am gifted

Setting Clear Intentions

Intentions are heart-centered, emotionally-charged beliefs that guide our actions. Setting intentions helps to bring our beliefs, emotions, and actions into alignment. Setting an intention is the first step in embodying who you want to be.



TAKE
EVERY
CHANCE
DROP
EVERY
FEAR



I ATTRACT
ALL GOOD
THINGS

Make a list of your fears. What could you do to overcome these fears?





FEAR OF THINGS
ARE ONLY
OBSTACLES YOU
SHOULD FACE



THOSE WHO
INSPIRE
OTHERS ONCE
BELIEVED THEY
COULD NOT BE
AN
INSPIRATION



YOU ARE IN A
SAFE SPACE TO
EXPLORE THAT
WHICH BRINGS
YOU JOY



I RADIATE
LOVE AND
OTHERS
REFLECT
LOVE BACK
TO ME



I AM
EVOLVING
EVERYDAY
AND IT
SHOWS



I AM
FREE
FROM
ALL
FEARS



WHO I AM AT
THIS
MOMENT IS
PREPARING
ME FOR WHO
I WILL BE IN
THE FUTURE

What does failure mean to you? Do you see your life at this moment as a failure? Why or Why not?

The page features a series of 20 horizontal black lines for writing, spaced evenly down the page. The background is a grayscale photograph of a rugged coastline. In the foreground, white, foamy waves are crashing against dark, jagged rocks. The middle ground shows more rocks and waves extending towards a hazy, mountainous background. The sky is a uniform light gray, blending into the distant hills. The overall mood is one of natural power and solitude.



I AM A
MAGNET
FOR
SUCCESS



I LIVE IN
ABUNDANCE
WHICH
FLOWS TO ME
EFFORTLESSLY



I AM
STRONG,
WORTHY,
AND
CAPABLE



I CAN BE
ANYTHING
I WANT TO
BE

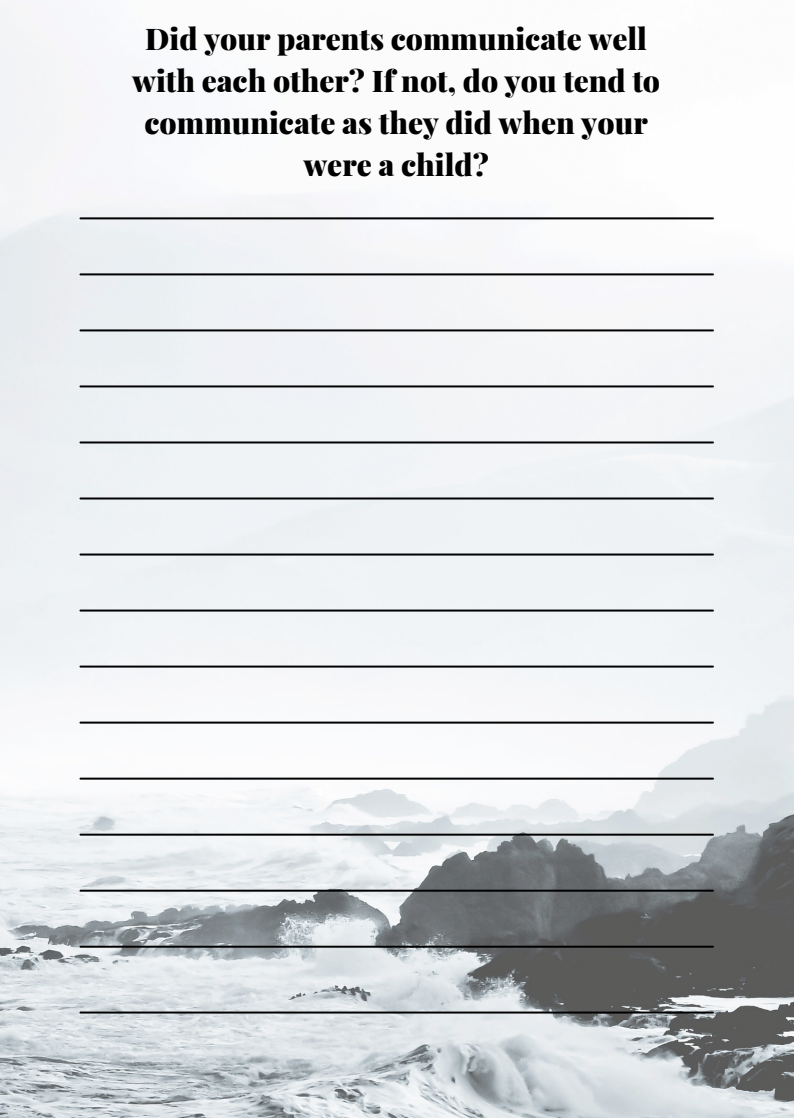


I AM
RESILIENT



I RELEASE
MY NEED TO
CONTROL
THE
OUTCOME
OF ALL
SITUATIONS

Did your parents communicate well with each other? If not, do you tend to communicate as they did when you were a child?





I AM
GROWING
INTO THE
PERSON I AM
SUPPOSE TO BE

**Are you truly proud of yourself? Why
or why not?**



A series of 15 horizontal black lines for writing, set against a background of a rocky coastline with waves crashing against the shore.



BE PROUD
OF HOW
HARD YOU
ARE
TRYING

If you could improve anything about yourself, what would it be? Why?





P OSITIVE

E NERGY

A CTIVATES

C ONSTANT

E LEVATION

**How would you define manipulation?
Do you manipulate others to get what
you want?**





I

FORGIVE

MYSELF



I AM OPEN
TO NEW
WAYS OF
LIVING



I USE MY
DIVINE,
INFINITE
POTENTIAL
FOR MY
HIGHEST
GOOD



THERE IS NO
LIMITS TO
WHAT I CAN
DO OR BE IN
THIS LIFETIME



HOPE IS THE
ONLY THING
STRONGER
THAN FEAR



TRUST THE
PROCESS AND
NEVER LOSE
FAITH



I AM A
REFLECTION
OF WHAT I SEE
WITHIN
OTHERS, GOOD
OR BAD



YOU ARE
REMARKABLE



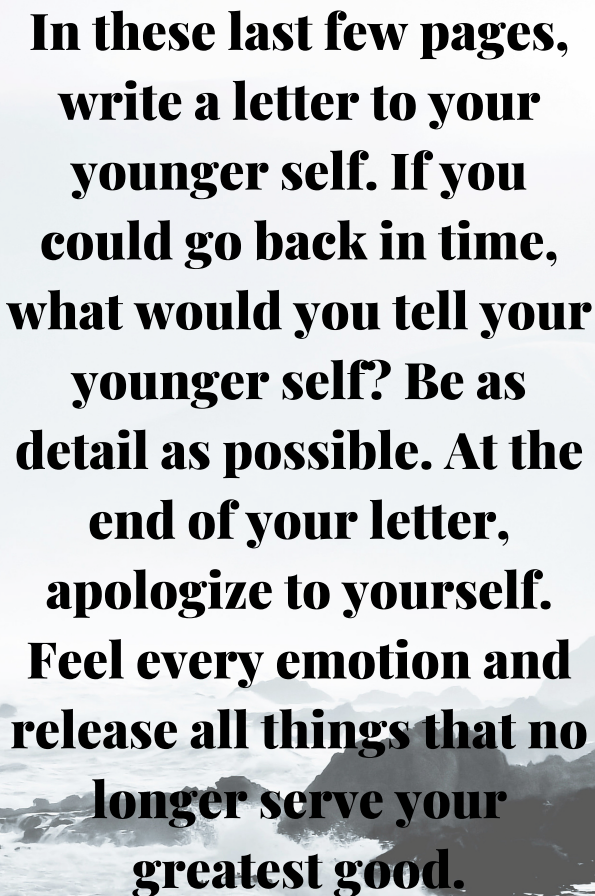
I WELCOME
ALL POSITIVE
THOUGHTS
RIGHT NOW



I AM
COURAGEOUS



MY FAMILY IS
A BLESSING TO
ME



**In these last few pages,
write a letter to your
younger self. If you
could go back in time,
what would you tell your
younger self? Be as
detail as possible. At the
end of your letter,
apologize to yourself.
Feel every emotion and
release all things that no
longer serve your
greatest good.**





About The Author

Hello,

My name is Jeannetta McMillan. I was born and raised in a small town called Laurinburg, NC. I moved to Charlotte NC in 2004. I started Divine Crafting LLC in February 2020. My goal was to help people heal from childhood trauma.

I faced my fears and begin to do my own shadow work because I could no longer look at the destruction I was living through. Between research and my own growth, I was able to overcome obstacles that were meant to break me. My story is not much different than yours. So when I say I have walked in your shoes, believe me, I was just where you are.

Through my faith in God and the support of my family, I began to heal from the inside out. I could finally look myself in the mirror again. I forgave myself. Self love became my push to create this book. When we lack self love, it makes being in a negative headspace look enticing. Believe me...it's not!

Know that you can overcome anything. You are a warrior and deserve the best that life has to offer. Always understand, everything you will ever need is within you waiting for you to embrace it. You are strong and resilient. God loves you and so do I.

Love,
Jeannetta

The background of the page is a light-colored, marbled paper with intricate, swirling patterns in shades of grey and white. The text is centered on this background.

Created By
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