



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World  
Week 39 Action Guide: Shadow Self

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Shadow must be discovered, integrated and embodied into our conscious life for us to become whole.

What are the aspects of yourself you've become aware of that were previously unconscious?

What are the aspects of yourself you've not fully acknowledged?

What are the aspects of yourself you've judged as unacceptable?



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What do you find intolerable in others?

What do you need to embrace with self-compassion in order to recover the fullness of your Original Identity? How are you going to do that?