



Ascension - Shadow

Elevating to the next level

Worksheet

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Elevating to the next level

1. To ascend, we must first be clear of where we want to go and why. Follow the Ascension prompts below.
2. Think about and write down the blocks, limiting beliefs and pain points that stand in your way of where you want to ascend to.
3. Identify the actions you intend to take to resolve your shadows, schedule the actions into your calendar and see them through.

Additional Notes:



Ascension

Ascension:

Where do you want to ascend to and why?

Actions:

Shadow



Shadow:

What are the blocks, obstacles and pain points standing in your way?

Actions:

