

SHADOW WORK



Unknown factors that contribute to difficulties internal and external.

- 1: Compromise, What do i need to give to resolve the situation
 - 2: Learning: What can I learn from this situation
 - 3: Develop: What growth am i exposed to in this situation
 - 4: Future: How will this growth alter my future
 - 5: Spirit: the best version of myself in this situation
- www.dorothyholder.com