

● Week 6 – Meeting the Shadow

Intention: To gently acknowledge parts of yourself that feel hidden.

Materials

- Paper
- Dark and light contrasting colors

The Practice

- Divide the page loosely into two areas.
- On one side, draw aspects of yourself you show the world.
- On the other, draw feelings or traits you tend to hide.
- Use color contrast intentionally.
- Then slowly add one small bridge between both sides.

Reflection

- What was harder to draw?
- Did any unexpected color appear in the hidden space?

Integration

- Notice moments this week when you soften judgment toward the “hidden” parts.
- If this practice stirred something in you.

In my book, I explore the emotional language of color and how our creative choices can mirror the subconscious in quiet but meaningful ways. These weekly exercises are small openings into that deeper conversation. If you feel curious, the fuller framework and guidance live there.