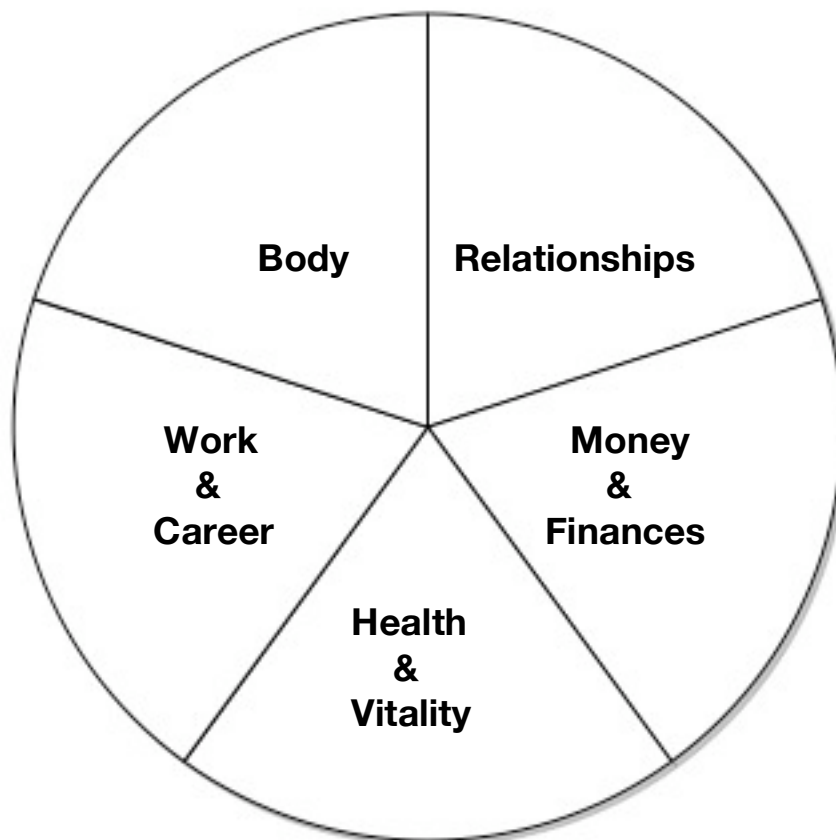


# The Shadow Effect Breakthrough Program



Welcome to ***The Shadow Effect Breakthrough Program*** on Oprah.com. This six-week program promises to radically alter your life. It is amazing what can happen when you embrace your shadow and uncover the thoughts, beliefs, and feelings that have been stored in your shadow and driving your behavior. After reading *The Shadow Effect* book and doing *The Shadow Effect Breakthrough Program*, you will illuminate the hidden power of your true self and experience more love, more authenticity, and more confidence.

## Your Life Wheel



# The Shadow Effect Breakthrough Program



## Your Body

On a scale of 1 to 10, where are you in the area of your body? \_\_\_\_\_

What thought, belief, feeling or behavior is your greatest limitation right now in the area of your body? \_\_\_\_\_

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What breakthrough would you like to have around your body? \_\_\_\_\_

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# The Shadow Effect Breakthrough Program



## Your Relationships

On a scale of 1 to 10, where are you in the area of relationships? \_\_\_\_\_

What thought, belief, feeling or behavior is your greatest limitation right now in your relationships? \_\_\_\_\_

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What breakthrough would you like to have in your relationships? \_\_\_\_\_

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# The Shadow Effect Breakthrough Program



## Your Money & Finances

On a scale of 1 to 10, where are you in the area of money & finances? \_\_\_\_\_

What thought, belief, feeling or behavior is your greatest limitation right now in the area of your money and finances? \_\_\_\_\_

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What breakthrough would you like to have with your money? \_\_\_\_\_

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# The Shadow Effect Breakthrough Program



## Your Health & Vitality

On a scale of 1 to 10, where are you in the area of health & vitality? \_\_\_\_\_

What thought, belief, feeling or behavior is your greatest limitation right now in the area of health and vitality? \_\_\_\_\_

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What breakthrough would you like to have with your health and vitality?

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# The Shadow Effect Breakthrough Program



## Your Work & Career

On a scale of 1 to 10, where are you in the area of work & career? \_\_\_\_\_

What thought, belief, feeling or behavior is your greatest limitation right now in the area of work and career? \_\_\_\_\_

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What breakthrough would you like to have in the area of work and career?

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# The Shadow Effect Breakthrough Program



## Your Vision

Imagine your life at a 10. What does it look like? What does it feel like?

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**This is the just the beginning!**