



ROOTED

"A Journey to Self"

Shyla Kace

Companion Worksheets

Rooted

A Journey to Self

E-Book Companion

Shyla Kae

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Instructions

This document is workbook pages to be used along with the book titled, "ROOTED: A Journey to Self", by Shyla Kae. These sections carry a number which can be found in the E-Book to bring you from the book to these worksheet items. These worksheets allow you to complete the tasks discussed in the book.

The Number will look like this <2>.



My Personal Path to Spirituality <1>

Fill out this sheet, answering each question honestly. This will help allow you to identify areas within yourself that may need to be tended to. At the end of this book, I hope you have a bigger understanding of spirituality and realize the importance of these questions. The goal is for you to recognize your truth and what you have been made to think is true. If you would like to compare, answer these questions now and on your own at the end of the book to see how your answers may have changed.

Who is God? What does God mean to me?

What does spirituality mean to me?

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What is something that ignites my soul?

Can I fully love and accept who I am without any doubts, hesitations, or judgment?

How do I ground myself when I feel overwhelmed?

How would I define energy?

What is manifestation? Why is it important?

What do I believe my purpose in life is?

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How do I surrender to the universe and follow its path?

What is the relationship I have developed with control?

What masks am I putting on every day? Why?

Do I hold myself accountable daily?

When I feel attacked what is my initial reaction?

Do I take the time necessary to heal my inner wounds?

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Do I believe my masculine or feminine energy is balanced?

What is my version of an ideal lifestyle?

Intro to Shadow Work



There are so many ways to dive into shadow work. Below I have inserted a weekly task to help you focus on specific areas in your life, your relationship with others, and yourself and correcting these boundaries.

Week 1 Focus: *Interactions with other people* – Write 2 things a person did or said to you that rubbed you wrong, or made you mad throughout your day. EX: “Jane said I could lose a few lbs., or someone cut me off while driving. It does not have to be major. This is to help learn your common everyday triggers.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

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Week 2 Focus: *Interactions with myself and others* – Write 2 things YOU said or did to someone else that may have rubbed them wrong or triggered them. This can show us how we are projecting ourselves onto other people.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Week 3 Focus: *Coming to terms with others* – Everyday pick a person whether family or friend, that you feel has seriously hurt you in one or another and let out all feelings, or words that come to mind when you think about that person or situation.

Day 1

Day 3

Day 5

Shadow Work Questions



Fill out this sheet, answering each question honestly. You can do this all at once, spread it out, or even ask yourself during meditation. Take the process as you feel called. The key is to identify patterns and cycles that way you can address the bigger issue.

Are you a procrastinator? If yes, have you always been or is there a certain point in your life it becomes noticeable?

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Have you begun any projects and not finished them in the last 9 to 12 months? If yes, what are they, and why didn't they get finished?

Name 3 triggers that make you upset or enraged.

1. _____

2. _____

3. _____

Name 3 triggers that make you sad.

1. _____

2. _____

3. _____

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Name 3 triggers that make you scared or anxious.

1. _____

2. _____

3. _____

What are 3 things you cannot live without?

1. _____

2. _____

3. _____

Name 3 qualities about yourself you feel others tend to overlook or never acknowledge.

1. _____

2. _____

3. _____

Am I physically fit, or mentally fit, what does this mean to me?

List 5 bad habits you have, where did you pick this habit up from?
What can be done to correct this habit?

1.

2.

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3. _____

4. _____

5. _____

Do you avoid having difficult conversations or saying no? If yes, why?

What do you hate about yourself that people always tend to compliment?

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What are some insecurities you have? Why do you believe others feel the same way or see the same thing?

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Are there any patterns that keep reoccurring?

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Draw yourself as you see yourself.





Manifestation Worksheet



Another method of manifestation I have included is the 3x6x9 method.

It is included on the next page always be specifically speaking in the present or past tense. Write 3x what you want, 6x what you have, and 9x giving thanks and receiving.



3x6x9 Method

When manifesting **be specific**. Write 3x what you want, 6x what you have, 9x giving thanks and receiving.

1	_____
2	_____
3	_____

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____



Afirmation Worksheet

<5>

If you could have anything in this world in the next 3 months, what would it be? Identify why you want these things?

1. _____

2. _____

3. _____

4. _____

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5. _____

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Now write 5 affirmations you can say to open yourself up to manifesting these things into your life.

1.

2.

3.

4.

5.

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Activity: Write a thank you letter to the universe, and put it in a place where you can read it every day. You want to address this letter to God, the spirit, the universe, or even a real person you want to thank. You can use the five things you manifested in the earlier activity or new things you want to be thankful for. I have included my own manifestation letter to help you get an idea of how to set yours up. The goal is to read it aloud or to yourself twice a day with as much excitement as you would feel had these come true already. Think of it as a “fake it ‘til you make it” situation. Do this for 25-30 days and then let the universe, higher power, etc. work its magic. What is meant for you WILL always find you and present itself. You can use the page supplied or your own paper to complete this activity.

“And then I learned the spiritual journey had nothing to do with being nice. It was about being real, and authentic. Having Boundaries. Honoring my space first, and others second. And in this space of self-care being nice just happened, it flowed not motivated by fear but by love.”

- Michelle Olak

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Activity: Be conscious of your thoughts for 7 days. What limiting beliefs have you told yourself in the last 7 days? Why Do you believe this?

1.

2.

3. _____

4. _____

5. _____

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6. _____

7. _____

Chakra Questions

<6>

Take your time and answer all questions. If you know the answer evaluate it more. If you are unsure how to start or answer, try to piece apart why and how you can dive deeper.

Root Chakra

Do I feel secure with my current financial situation?

If I lost everything today, what would I have left?

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Do I feel a sense of belonging amongst friends and family?

Sacral Chakra

Can I balance discipline between passion and personal?

Am I being an adaptable person that welcomes change?

What is one limiting belief I have?

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Solar Plexus

Do I set personal, emotional, and energetic boundaries?

How often do I hold myself accountable?

How do I handle negative people and situations?

Heart Chakra

Do I receive love as easily as I give it?

Why do I not see myself as worthy of my own love?

Is being compassionate and empathic hard for me?

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Throat Chakra

Do I express myself clearly and confidently?

Am I doing all I can to share my wisdom and knowledge?

Am I living in my authentic self at this moment?

Third eye chakra

What is a common theme in my dreams?

Is it easy for me to envision my future?

Do I frequently exercise my intuition?

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Crown Chakra

Is it easy for me to trust others?

Do I feel balanced in all areas of life?

What is life after death?

Question to Address Your Ego <7>

What is my biggest fear?

How can this set me back?

Am I confident or narcissistic?

What is the difference between the two?

Do I hold myself accountable?

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When is it easy to hold myself accountable?

When is it hard to hold myself accountable?

In situations where common sense is not so common do I react all-knowing or with humility?

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Your Notes:

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I am glad you have completed this session and taken the Journey to Self. Save these completed sheets and refer to them as a reference. You might also want to complete these exercises again after you have worked to improve your life and see how your answers change. Have a great life. Shyla Kae.