



The  
*Flow*  
*Practices*  
to Your

*Rich*  
*Life*



SHADOW WORK TOOLKIT

by Gabrielle Duchesne

*Matter*  
*of Flow*

## *Acknowledge Your Shadow*

They say that fear is the killer of all dreams — and while that's true, scarcity isn't far behind. In fact, scarcity is, quite precisely, the frequency of fear — just operating on the lower end of the abundance spectrum. It's the energy of lack, contraction and survival mode.

Interestingly, if you pick apart the word itself, *scar-city*, it reveals something deeper: the city of scars. A mental place where your wounded self resides. A place filled with limiting beliefs, lingering worries, energetic blockages and the emotional residue of unhealed experiences.

There's no shame in visiting ScarcityLand — we all go there from time to time. It's part of our Shadow. And actually, acknowledging this darkness is powerful. When you bring it to the light, it loses its grip. Wealthy people don't run from their shadows. They don't resent or repress them. Instead, they give their shadow a voice. They listen, feel its discomfort, and allow those emotions to move through and out — so the shadow can be integrated rather than suppressed.

Because the goal isn't to get rid of the shadow. You can't. The goal is to bring it into awareness — so it's no longer in the driving seat of your life.

You've tapped into your Wealthy Self. You've begun to embody the frequency of abundance. Now, it's time to take the work one layer deeper. To truly expand, we must face what's been holding us back. This is where we meet the shadow — the unconscious patterns and hidden beliefs that quietly resist the abundance we say we want.

You know what they say about the shadow: once you shine a light on it, it has nowhere left to hide.

So let's do just that. Let's give your shadow a voice — and the space it requires to be seen.

### **Shadow Work**

Reflect on how scarcity shows up in your life. Note that this next section might not feel as 'oh-happy-happy-joy-joy' as the previous ones. We are diving deep into your shadow because it is a vital part of the process. Be honest with yourself, and more importantly, write without judgement. In this exercise, simply remain an impartial observer.

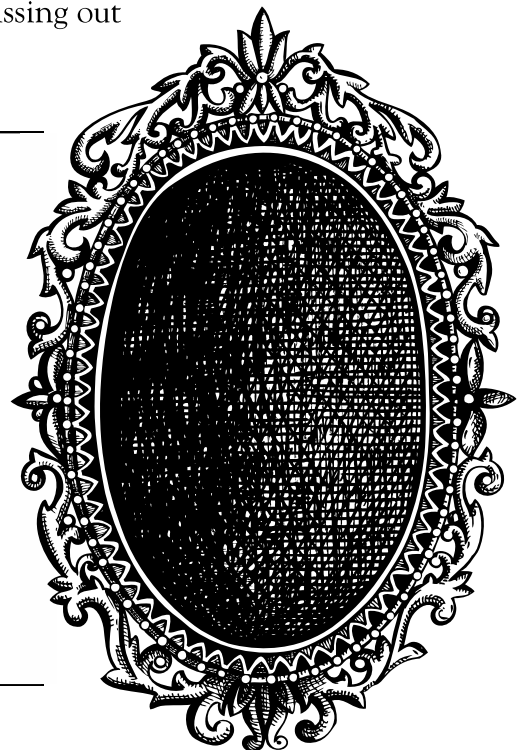
# Shadow Work

1. How often do I find myself worrying about money or the future?

2. In what areas do I feel is there “not enough”? (*Time, energy, resources...*)

Matter  
of Flow

3. Are there things or resources I tend to hoard out of fear of missing out or running out?



4. Do I often feel in a rush, or like I'm chasing after something? Can I try and pinpoint what that something is, or what I'm rushing toward?

5. Do I compare myself to others and feel like I'm behind? In what ways?

6. Do I feel guilt when I spend money or time on myself? Or worse even — shame? In what contexts do these feelings arise, and how do I think I “should” be spending my money or time instead?

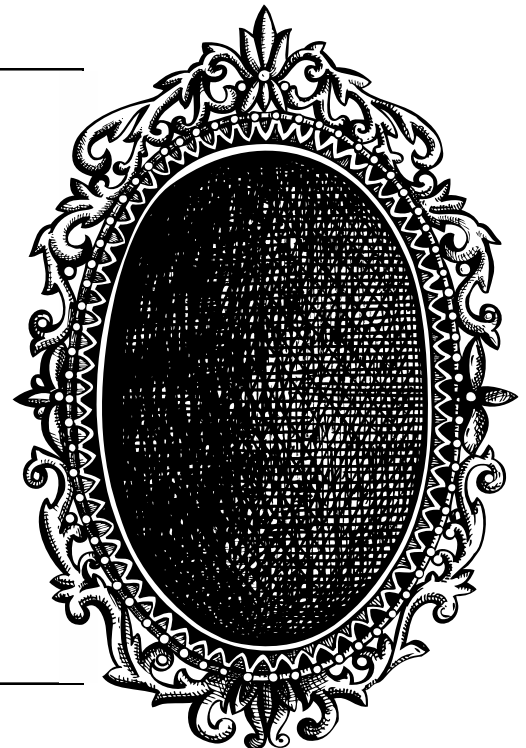
7. What do I fear lacking money or resources for when I do spend?

8. Do I often say yes when I really mean no? What do I fear will happen if I say no?

9. Do I underprice my work, or over-deliver to prove my worth?

Matter  
of Flow

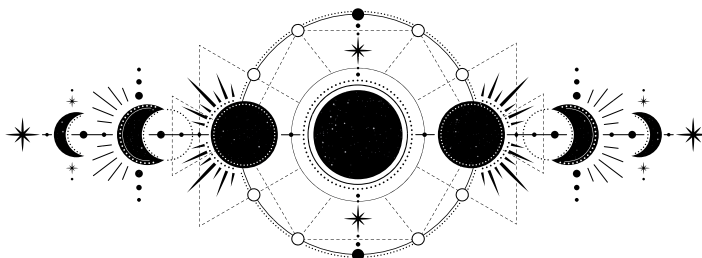
10. Do I find it difficult to receive compliments, help or abundance without discomfort?



11. Do I feel envy or jealousy when I see others achieve goals I have, or receive what I want? (*Be honest here, and remember: no judgement.*) What was a recent time when this feeling came up?

12. Where do I find myself holding back — perhaps emotionally, creatively, or financially — because of a subconscious belief that there won't be more where that came from?

*Matter  
of Flow*



# *Shadow-to-Light Alignment*

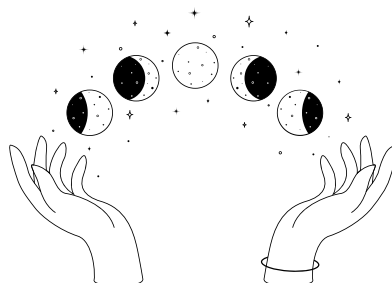
Here's something we don't always realize: your Shadow isn't out to sabotage you — it's trying to protect you, in the only way it knows how. It clings to what's familiar, even if it's limiting, because it's wired for survival, not expansion.

That loop where nothing new happens? The dusty program you've been running for years — and that's now running you? The habits you've tried to change a hundred times but still find yourself slipping into? That's your Shadow at work — whispering old scripts in your ear to keep you safe, small, and unexposed. Shielded.

But you're not who you were when those patterns were formed. And you don't need those stories to stay safe anymore. So let's dismantle these lies one by one, and rewrite them from truth.

Refer back to the 12 Shadow questions, and answer the related prompts.

1. When I look back, do my worries about money or the future usually prove true — or do things tend to work themselves out, often in ways I didn't expect? What patterns of support or unexpected solutions have I noticed in my life?



2. Are time, energy and resources *truly* lacking? Or are they being spread too thin by unrealistic expectations, frail boundaries or self-imposed pressure? What would shift if I believed there was enough for what truly matters?

3. Can I think of a time when I let go of something — time, money, or a resource — and it came back to me, or was replaced with something even better? What did that teach me about trust and flow?

*Matter  
of Flow*

4. What was a time when I was detached and relaxed — and opportunities seemed to flow in effortlessly, just as I wasn't chasing them?

5. What are the areas, talents, and gifts that come naturally to me — things that make me feel ahead of the curve or more experienced than others? Have I taken time to truly acknowledge and appreciate them? What's great about me?

6. What would shift if I believed, *truly* believed, that investing in myself is an act of abundance, one that expands my capacity to give, connect and be more present for others, one that allows me to thrive? In what ways has this proven true in my life?

*Matter  
of Flow*

7. What evidence do I have — right now — that I am safe, supported, and provided for?

8. What is a current challenge or recent tension I can reframe? Instead of imagining the worst possible outcome, what is the best-case scenario if I clearly and confidently set a boundary here? How might this create more ease, clarity, or respect in the long run?

9. What if my value is already inherent — and charging fairly is simply an act of self-respect and trust in my impact? How different would my work feel if it came from that place?



The logo for 'Matter of Flow' is centered in a light gray, cursive font. The word 'Matter' is on the top line and 'of Flow' is on the bottom line, with 'of' being smaller and positioned between 'Matter' and 'Flow'.

10. How do I feel when *I* give someone a compliment, provide help, or offer abundance (in the form of a gift, for example)? What difference would it make if I trusted that other people feel just the same providing for me?

11. Next time you notice envy or jealousy when someone achieves what you want, locate the feeling in your body. Instead of a sinking feeling of lack, visualize the emotion as a burning sun, lighting up and warming up this area of your body. More than a healthy desire, this feeling is your fire. It's a knowing that you, too, are capable of achieving or receiving this. Feel it. Claim it.

12. When have I moved with power, clarity, and conviction? What would shift if I did that every single day? What would it feel like to trust that more is always on the way?

*Matter of Flow*



Your abundance journey doesn't end here. In fact, your Rich Life is calling... Will you answer?



Inside *The Flow Journal to Your Rich Life*, you'll:

- ✦ Access 200+ practices, prompts and tools to elevate your frequency
- ✦ Rewire your relationship with money, energy, and self-worth
- ✦ Strengthen faith, gratitude, and embodied flow
- ✦ Anchor your Rich Life vision — and live it now
- ✦ Cut to the root of limiting beliefs and scarcity patterns

**Becoming rich is not only your birthright.**

**It is your *duty*.**



*Purchase*

*Read Sample*