

Glenda Cedarleaf MSW

Day 4 Journaling Questions

Reflect on the archetypes moving through your life or the lives of your clients, patients, or students. Then explore how you might to use archetypal images in your scripts; highlighting challenges or empowering resources through this lens of archetypal energies.

If you would like to take a deeper dive into understanding the archetypes moving through your life, you may want to check out Carol S Pearson's book called "Awakening the Heroes Within"