

# **The Quantum Living Process Training: Exercises**

## Shadow Card Awareness Worksheet

**Step 1:** From the Limiting Beliefs and Shadow Qualities list below, place a checkmark beside each limiting belief statement and its corresponding SHADOW QUALITY (in brackets) that are familiar to you or that you can see are underlying your reactions when your buttons are pushed.

**Step 2:** List the limiting belief in a square in the top grid. List its corresponding SHADOW QUALITY (in brackets) in the square below it in the bottom grid. (See example.)

**Step 3:** Transfer the SHADOW QUALITIES from the grid to your shadow card (What's on Your Shadow Card?)

LIMITING BELIEFS	I don't belong						
SHADOW QUALITIES	MISFIT						

### Limiting Beliefs and Shadow Qualities (I AM Statements)

#### Love

- ☐ I am unlovable (UNLOVABLE)
- ☐ I am undeserving (UNDESERVING)
- ☐ I don't belong (MISFIT)

- ☐ I am alone (ALONE)
- ☐ I am not wanted (REJECTED)
- ☐ I am bad (BAD)
- ☐ I shouldn't been born (A MISTAKE)

Continued on next page

**Ability**

- ☐ I am stupid (STUPID)
- ☐ I am not capable (INSUFFICIENT)
- ☐ I am not good enough (NOT GOOD ENOUGH)
- ☐ I am not enough (NOT ENOUGH)
- ☐ I am inadequate (INADEQUATE)
- ☐ I am helpless (HELPLESS)
- ☐ There's something wrong with me (FLAWED)
- ☐ I don't measure up (LESS THAN)
- ☐ I'll never get it right (DEFEATED)
- ☐ Life is a constant struggle (POWERLESS)

**Self-worth**

- ☐ I don't believe in myself (DISVALUED)
- ☐ I am unworthy (UNWORTHY)
- ☐ I am broken (BROKEN)
- ☐ I am not important (NOT IMPORTANT)
- ☐ I am worthless (WORTHLESS)
- ☐ I am a/the victim (VICTIM)
- ☐ I shouldn't/can't grow up (IMMATURE)
- ☐ I am self-centered (SELF-CENTERED)

**Safety**

- ☐ I can't trust myself/I am not trustworthy (DISTRUSTING)
- ☐ I can't trust others (FEARFUL)
- ☐ I am unsafe (UNSAFE)
- ☐ I will always be hurt (VICTIM)
- ☐ I don't deserve to be here (UNWORTHY)
- ☐ I am hopeless (HOPELESS)
- ☐ I can only count on myself (SELF-CENTERED)
- ☐ Someone is out to get me (SUSPICIOUS)
- ☐ People are mean (FRIGHTENED)

**Making a Difference/Success**

- ☐ I don't matter (NOT THE ONE)
- ☐ I am invisible (INVISIBLE)
- ☐ I am a disappointment (A DISAPPOINTMENT)
- ☐ I am dishonest (A LIAR)
- ☐ I am not true to myself (A FAKE)
- ☐ It's someone else's fault (BLAMING)
- ☐ There's not enough time, money, etc. (LACK)

Other \_\_\_\_\_

## Q Card Worksheet

**Step One:** Make a short list of individuals—personal heroes or persons you admire. They could be living or dead, historical or fictional. Each must possess qualities that you value or attributes you wish for yourself.

**Step Two:** Beside each person, briefly list the qualities you admire in them. The quality answers why this person is on your list. For example, if one of your heroes is Superman, beside his name you might list *strong, courageous*, etc. Use one-word or two-word phrases to identify the attribute or quality, e.g. *compassionate, faith filled, trustworthy*, etc. If you have any difficulty identifying qualities, see "Possible Q Qualities," on p. 16.

Names	Qualities		

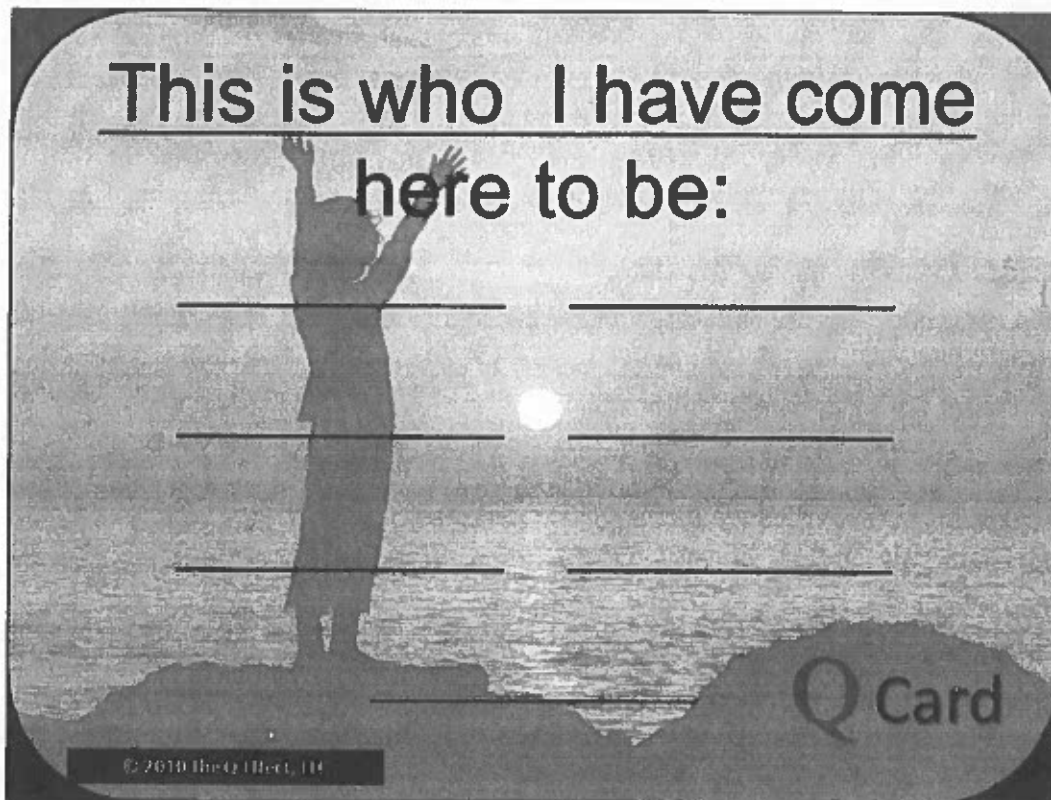
**Step Three:** Circle up to six themes you notice in the Qualities column. For instance: You may have the word *compassionate* listed several times. *Compassionate* represents a theme. You may have the words *kind, sweet, and caring* and decide they could all be represented by the theme "*kind*." Place up to six themes representative of your list in the space provided on your Q Card (reverse side of the Shadow Card).

## ***Possible Q Qualities***

Abundant	Gracious	Persistence
Adventurous	Grateful	Playful
Authentic	Growing	Poised
Balanced	Guided	Powerful
Beautiful	Happy	Present
Blessed	Harmonious	Purposeful
Bold	Healer	Quantum
Brave	Healthy	Radiant
Calm	Heart-centered	Relaxed
Caring	Helpful	Reliable
Clear	Holy	Resilient
Committed	Honorable	Resourceful
Compassionate	Humble	Respectful
Competent	Humorous	Responsible
Connected	In Service	Secure
Courageous	In Integrity	Self-aware
Creative	Inclusive	Sense of beauty
Curious	Ingenious	Sense of wonder
Determined	Integrated	Spirit-led
Disciplined	Intelligent	Spiritual
Divine	Joyful	Spontaneous
Dream-filled	Just	Strong
Dynamic	Kind	Surrendered
Eager	Leader	Teacher
Enthusiastic	Learner	Tender
Empathetic	Listener	Trustworthy
Evolved	Loving	Understanding
Exciting	Motivated	Unique
Expressive	Magnificent	Unlimited
Fair	Musical	Valuable
Faith-filled	Mystical	Visionary
Fearless	Noble	Vivacious
Free	Nurturing	Whole
Friendly	The One	Wise
Fulfilled	Open	Wonder-filled
Fun-loving	Passionate	Youthful
Generous	Peaceful	Zealous
Grace-filled	Persevering	

**Q Card & Shadow Card**

Fill in your Q Card and Shadow Card qualities for easy reference during the Q Process.



This is who I have come  
here to be:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

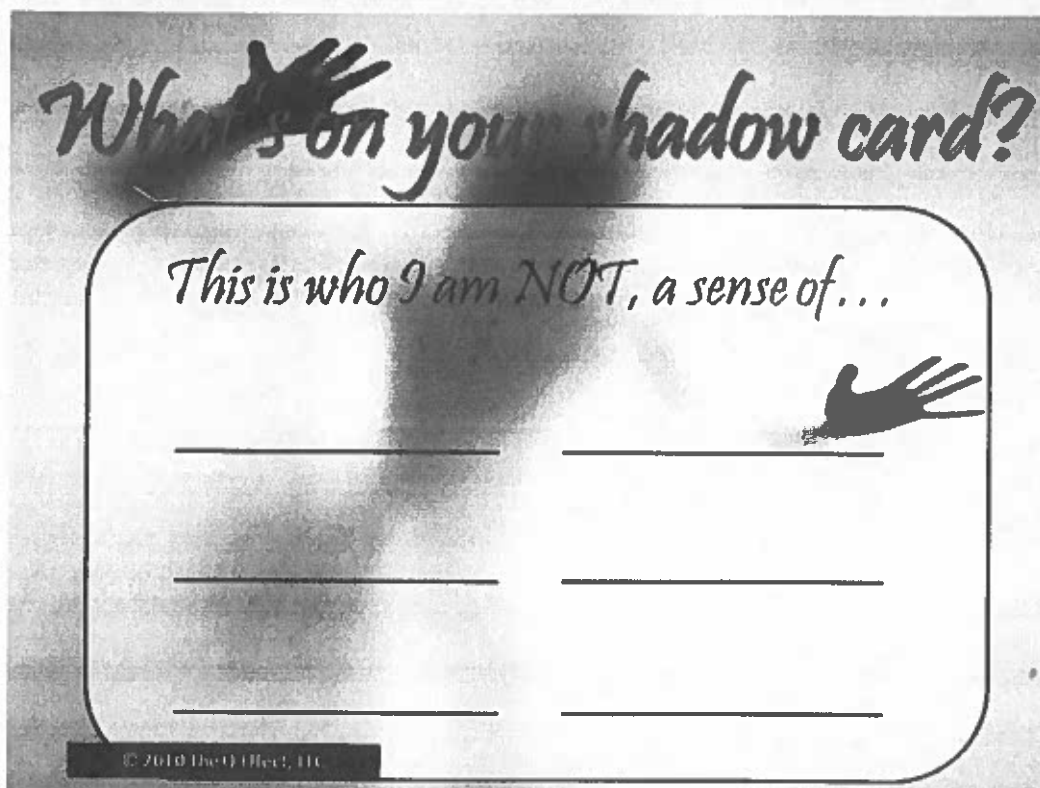
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Q Card

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*What's on your shadow card?*

*This is who I am NOT, a sense of...*

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