

# Juliette Lee

Coaching • Workshops & Retreats • Speaking

## Projection worksheet

Note, this worksheet is designed for use in groups or pairs. Integrating shadow energy cannot be done with integrity on our own. We cannot see clearly enough.

Think of **someone you know** in your own life who you **don't like** very much or whose behaviour **really irritates you** and winds you up. Write down a list of the behaviours and character traits of this individual's personality that you don't like. Be as specific as you can.

Now think of **someone you know** in your own life who you **highly respect or admire**. Again write down a list of the behaviours and character traits of that person. Write down what it is about this individual's personality that makes you respect or admire them. Be as specific as you can.



When you change the way you look at things,  
the things you look at change.

**Max Planck**

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