



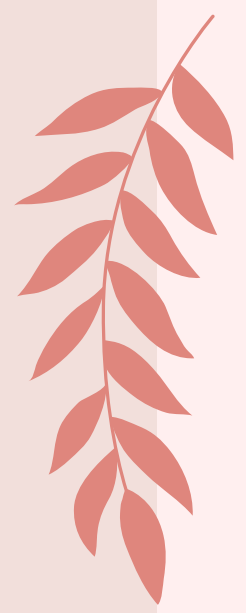
- WORKBOOK -



Inner Voices

Your Lightkeepers
and Shadowguards

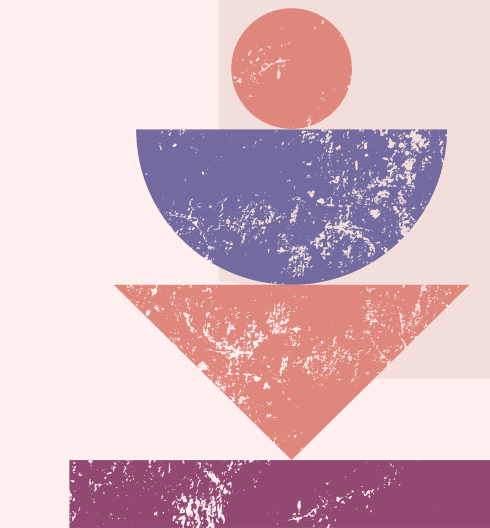
Connecting with yourself is one of the most
powerful ways to care for yourself.



Written by

Nayla Mitha

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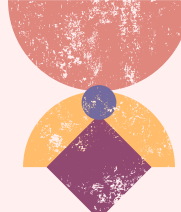
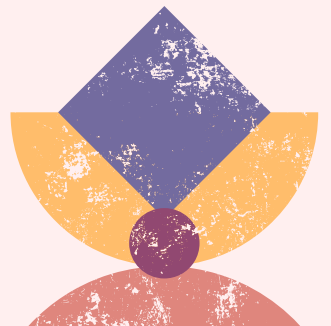
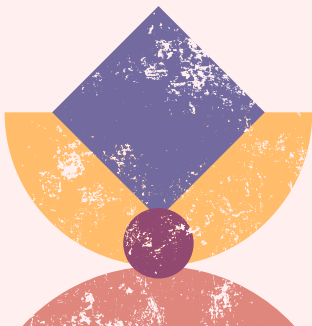


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Disclaimer

This workbook is for educational and inspirational purposes only. It is not intended as medical, psychological, legal, or financial advice. The information shared here is meant to support your self-awareness and personal growth. You are the ultimate authority in your life. Always use your own discernment when integrating new insights or making decisions. If you need professional support in specific areas, please seek guidance from qualified professionals.

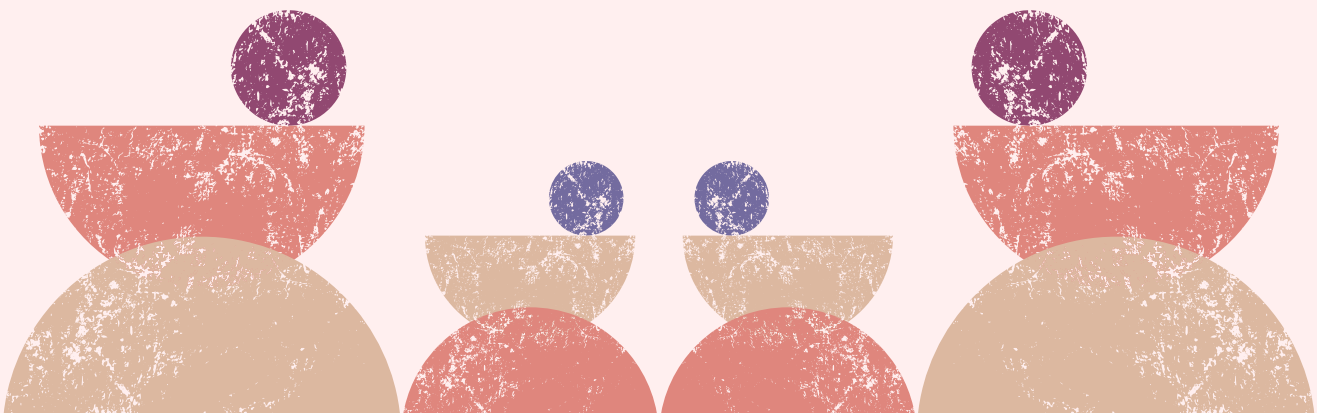




Introduction

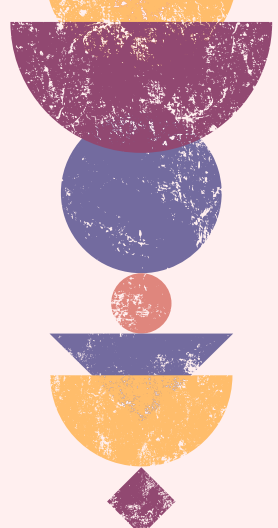
As you work with the Lightkeepers and Shadowguards decks, this is where you'll pause, reflect, and connect the dots. Some of these practices will help you listen more closely to the parts that support you. Others will help you understand the ones that protect you. None of them are here to fix you. They're here to help you build a deeper relationship with your inner world—one card, one part, one honest moment at a time.

With Care,
Nayla Mitha





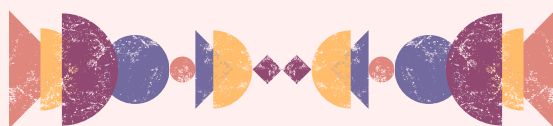
Understanding Your Inner World



- Lightkeepers are the inner voices (parts of you) that offer steadiness, care, clarity, and quiet strength, even when they're hard to hear.
- Shadowguards are the inner voices (parts of you) that step in with control, defence, urgency, or fear, trying to keep you safe in ways they once learned.

Working with both your Lightkeepers and Shadowguards helps you see the full range of who's speaking inside you.

Some cards might match a part you know well. Others might show up a bit differently for you—or point you toward parts not included in this deck. Use the blank cards to capture these in your own words, so they reflect your experience.





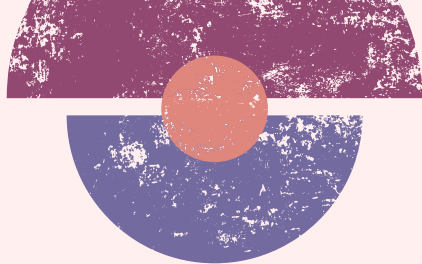
Practices

These practices are meant to support your relationship with the parts of you that speak up, act out, shut down, or quietly guide you through the day.

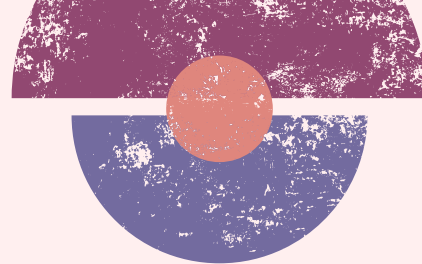
Before you begin, take a few slow breaths to settle in. Have a journal nearby if you'd like to write as you go—sometimes a part has more to say than you expect.

Think of this as a gentle toolbox: open it when you want to slow down, reconnect, or hear your inner world more clearly.

The only goal is building relationship with all your parts—not mastery.



Practice 1



Map Your Inner Crew

Purpose: Set the tone for the week with intention and awareness.

How: Pull three cards to represent the inner voices you'd like to lead or support you this week. For each one, write a few lines about what you'd like that part to bring you. Let this be your inner crew for the week ahead.



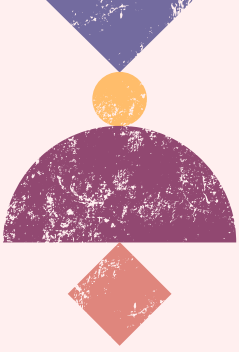
Practice 2

Let Two Parts Talk

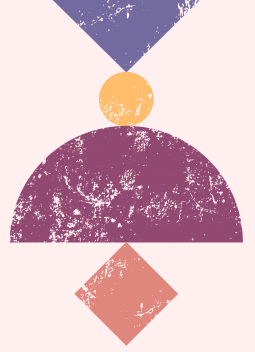
Purpose: Create space for internal dialogue.

How: Choose one Lightkeeper and one Shadowguard card. Imagine each one writing a short letter to the other. Let them speak freely. Then write a short note from you to both parts.





Practice 3

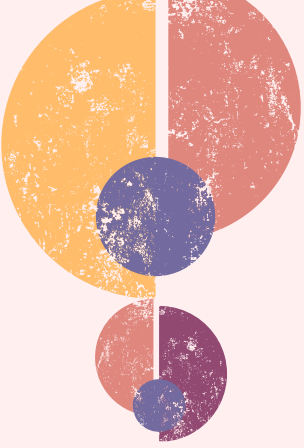


Self-Check Ritual

Purpose: Build daily insight.

How: Pick a Self-Check question each morning (found at the end of this workbook). Spend 5–10 minutes writing your raw, uncensored answer. Don't fix it—just get it out.





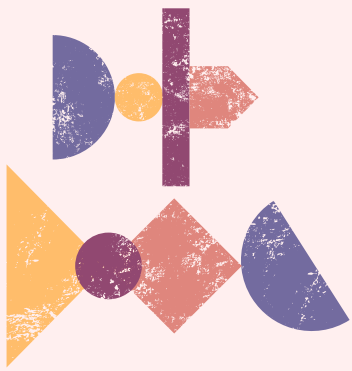
Practice 4

One Part a Day

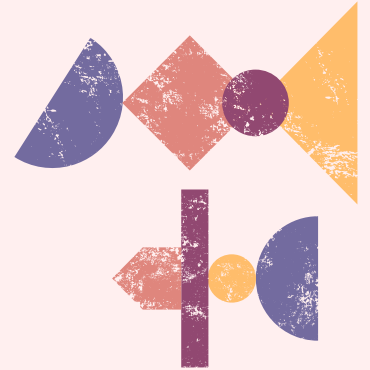
Purpose: Build connection without pressure.

How: Each day, pull one card from your deck—Lightkeeper or Shadowguard—and spend a few minutes journalling about whatever comes up. No need to fix, change, or act on anything. Just let that part have some space on the page. The only goal is presence, not progress.





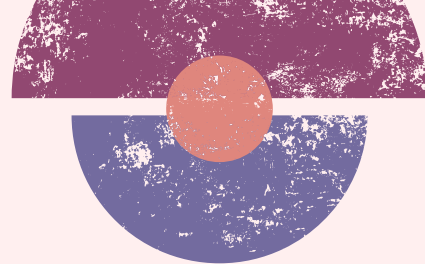
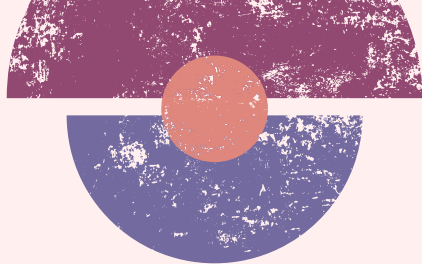
Practice 5



Borrow a Voice

Purpose: Access inner support when yours is quiet.

How: Choose a Lightkeeper card and pretend you're borrowing that part for the day. What would she wear, say, think, not do? Let her take the lead when you're uncertain.



Practice 6

Part Check-In

Purpose: Build a regular rhythm of inner awareness.

How: Once a day, ask: “Who’s here right now?” Write down 2–3 parts that feel present. You don’t need to analyze them—just name them. Over time, this becomes a way of catching yourself with compassion instead of reacting on autopilot.



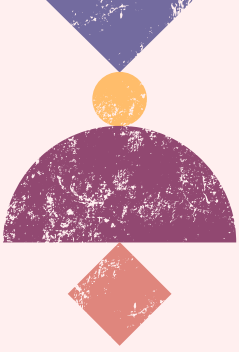
Practice 7

Soothe the Protective Part

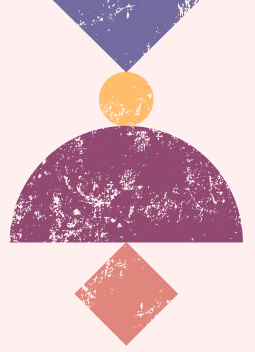
Purpose: Reduce inner reactivity by meeting it with care.

How: Think of a moment when you felt triggered recently. What part showed up first? Ask that part: “What were you afraid would happen if you didn’t step in?” Let the part answer without interruption. Then thank it for trying to help.





Practice B

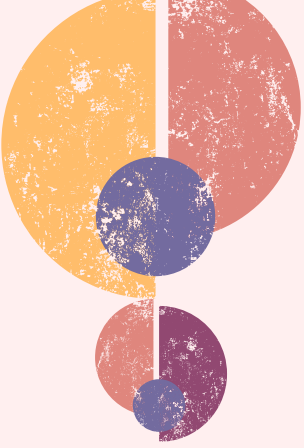


Rewrite the Script

Purpose: Loosen the grip of a limiting inner voice.

How: Choose a Shadowguard card. Write down something this inner voice regularly says to you. Then choose a Lightkeeper card and rewrite the sentence in her voice instead. Try it three different ways. Notice how your nervous system responds.





Practice 9

The Inner Table

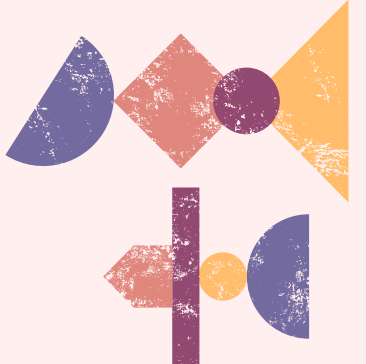
Purpose: See your inner world as a team.

How: Picture your inner voices sitting around a table. Who always speaks first? Who hides in the corner? Who rolls her eyes? Who's missing today? Just observe. Then ask yourself: "Who haven't I invited to speak lately?"





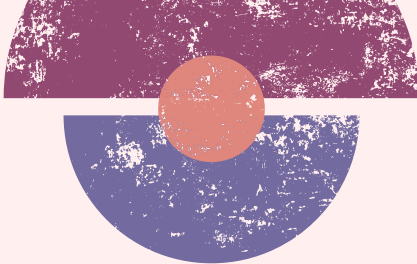
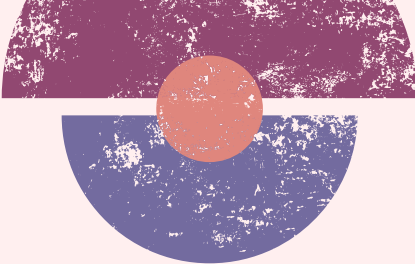
Practice 10



The Part You Avoid

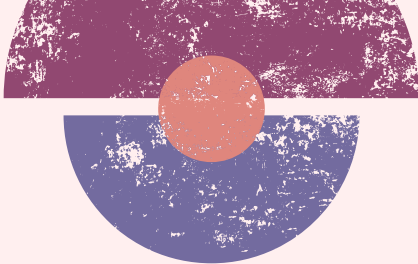
Purpose: Build relationship with disowned or disliked parts.

How: Flip through your Shadowguard cards. Notice which one makes you cringe or feel resistant. That's the one to journal with. Ask it: "What do you need from me that you've never received?" Write down its response—even if it surprises you.



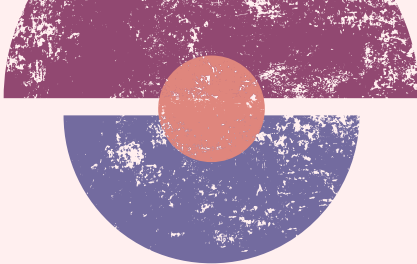
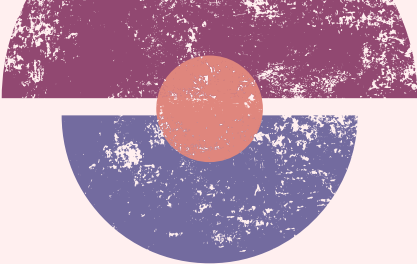
Self-Check Questions

- What part(s) of you can feel right now?
- What part(s) of you do you feel help you the most?
- What part(s) of you showed up last time you were triggered?
- Who's driving right now—and is that working?
- What's one part of you that's trying really hard?
- Which part of you is afraid to be seen?
- What part of you has been loud lately?
- Which part of you would love a break—but doesn't believe it's allowed?
- What part of you still thinks you have to earn love?
- Who in you takes over when you feel unsafe?



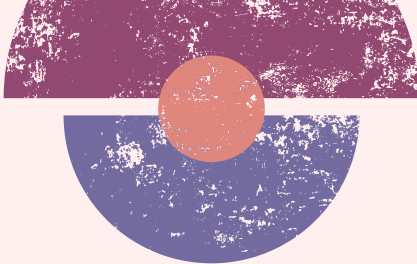
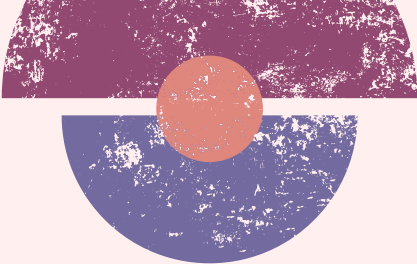
Self-Check Questions

- Which part of you wants to do things differently—but is scared to try?
- What part of you needs more space right now?
- Which part of you feels misunderstood?
- Which part of you is asking to be heard?
- Is there a part of you trying to manage how others see you?
- What part of you wants something different—but doesn't feel allowed to want it?
- What part of you is holding a story that no longer fits?
- Which part of you doesn't feel safe being honest?
- What part of you has gone quiet lately?



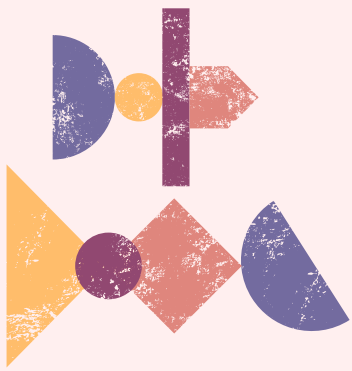
Self-Check Questions

- Which part of you is doing the heavy lifting right now?
- What part of you is afraid it won't be loved as it is?
- What part of you feels like it's always on alert?
- Which part of you is most active in your relationships right now?
- Is there a part of you that's still waiting for permission?
- Which part of you is trying to stay invisible?
- What part of you doesn't feel included when you succeed?
- Which part of you wants to speak—but always waits too long?
- What part of you is afraid to ask for help?
- Which part of you questions your worth in quiet moments?



Self-Check Questions

- Which part of you wants more room to lead?
- What part of you feels calm today—even if just a little?
- What part of you keeps showing up, even when it's hard?
- Is there a part of you that's proud of how far you've come?
- What part of you is beginning to trust yourself more?
- Which part of you wants to celebrate something—even something small?
- Which part of you is discovering its voice?
- Is there a part of you that's learning how to soften?
- Which part of you is growing—even if no one sees it yet?



Remember...



You've done something meaningful just by being here—slowing down, tuning in, and meeting your inner world with honesty. That's not small work. That's real work.

You might not feel clearer yet. That's okay. This isn't about finding the perfect answer. It's about staying in relationship with the parts of you that speak, hide, protect, and guide. The more often you listen, the less they have to shout.

You can come back to these exercises anytime. You don't need to start over, just pick up where you are.

Keep going gently. You're already in the conversation.

With Care,
Nayla Mitha

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