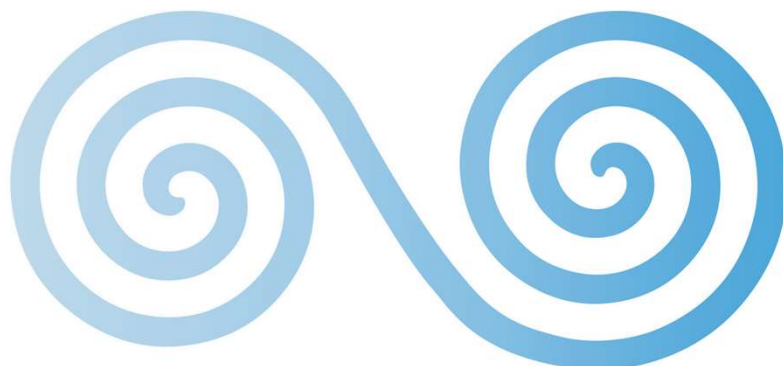


# 21 Days of Cultivating Self Awareness

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# Introduction

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I invite you to take these next 21 days to explore with compassionate curiosity Self Awareness. With a small supportive community for 10 minutes a day we commit to exploration of each day's topic.

Developing greater Self Awareness can give us better insight into making the right choice for ourselves. It can help us recognize our feelings, thoughts and behaviors and take appropriate actions as well as improving our communication with others and boosting our confidence levels.

Have your journal and pen ready to begin on July 18th and we will continue through August 7th. Ask a partner or friend to join you on this exploration to greater understanding!

# Day 0

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**“NEUROSCIENCE RESEARCH  
SHOWS THAT THE ONLY WAY  
WE CAN CHANGE THE WAY  
WE FEEL IS BY BECOMING  
AWARE OF OUR INNER  
EXPERIENCE AND LEARNING  
TO BEFRIEND WHAT IS GOING  
ON INSIDE OURSELVES.”  
—BESSEL VAN DER KOLK**

Good morning! Just a few side notes before we begin our program tomorrow. I encourage you to make an agreement with yourself to complete all 21 days and to take those 10 minutes and greet your awareness with honesty, curiosity and compassion. Be open to humor and avoid criticism and judgement. If you find this difficult possibly image you as your younger self or how you would be with your son or daughter.

For greatest success set a daily reminder and you may find it useful to keep your journal/notebook with you throughout the day. Last but not least carve out a place with no distractions to allow yourself a quality 10 minutes to cultivate yourself awareness:)

If you find a topic to be triggering, please step away from the reflection and utilize your support system. We don't want to overload your nervous system! Last but not least..... take a few minutes before we begin to set your goals or intentions for the next 21 days. Are your intentions to improve your confidence, gain better understanding of your thoughts , make changes in behavior or simply just to support me in my new endeavors (which is greatly appreciated)

# Day 1

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Good Morning! Welcome to day 1 of Cultivating Self Awareness (CSA)! I appreciate everyone here and am excited to get started. Today we will explore the concept of self awareness and how it currently impacts your life. Take some time to notice what you are noticing. "When you are more self aware you can see where your thoughts and emotions are guiding you"

- 1) What does CSA mean to me?
- 2) How self aware am I on a scale of 0-10?
- 3) In what areas am I currently self aware?
- 4) How can I benefit from cultivating more self awareness?
- 5) What needs to be in place to cultivate more self awareness?
- 6) What is my takeaway from today's reflection?

I would love to hear from you....share your experience.....ask questions.....comments....

# Daily Reflections



# Day 2

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Good Morning! Welcome to Day 2!

Today is about identifying and acknowledging our Resources/Support System/Tribe and what they provide for us. "Sometimes we need someone to simply be there, not to fix anything or do anything in particular but just to let us feel that we are cared for and supported" It can be helpful to identify your resources and consciously tap into those resources on a daily basis not just in time of need. Let's define what a Resource is.....it gives us a feeling of being cared for, supported, loved, connected, nourished, replenished etc. What is not a Resource.....something that makes you feel guilty, uncomfortable, sad, drained, confused etc. Let's identify some people who are a Resource to you and what they provide. Typically one person does not provide all of our support, different people bring different things to the table.

For example, 1) Sally---provides a good listening ear 2) Liz--provides fun and laughter 3) Joan--provides validation and support

Next let's identify some places that are a Resource and what it provides 1) Sitting by the river---brings peace 2) Comfy chair and blanket-- bring rest and comfort

Next let's identify some activities that are a Resource and what they provide. 1) Going for a run---helps move an intense emotion such as anger 2) Listening to music--brings connection, joy 3) Creating art--brings expression

Questions to consider.....

1. What am I currently doing well regarding using my Resources?
2. In what way does a lack of Resources in certain areas affect my health? What areas could I benefit from utilizing more Resources?
3. What is my takeaway for today's reflection?

I would love to hear from you! Side note. I tried to pin the post so it stayed at the top of the feed and for some reason I don't have that option.

# Daily Reflections



# Day 3

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Welcome to Day 3!

Today we are taking a look at our relationship with the cues our body sends us. How aware are we? What are the thoughts and beliefs that are associated with these cues? Where do I first notice these cues? We have 2 different charts to work through. The first one is noticing cues and the second one is how do you respond.

How well do I *notice* my cues of .....

Cues	0-10 Rank	Content	Make Changes	Self Talk	Where do I notice
Hunger					
Fatigue					
Thirst					
Stress					
Illness					
Pain (physical)					
Pain (emotional)					

- Rank each cue from 0-10 as to how aware you are.
- Content—acknowledge what you are doing well
- Make changes—What would you like to do differently
- Self talk— what self talk do you notice as you become aware of each of the cues? Eg Is it criticism compassion, “suck it up” “I don’t have time for this” etc
- Where do I notice—Where in your body do you notice these cues?



# Day 3

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How well do I *respond* to my cues of .....

Cues	0-10 Rank	Content	Make Changes	Self Talk	Where do I notice
Hunger					
Fatigue					
Thirst					
Stress					
Illness					
Pain (physical)					
Pain (emotional)					

In what ways can I improve my health by noticing/responding differently to my body's cues?

What can I take away from today's reflection?

# Daily Reflections



# Day 4

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Good Morning and Welcome to Day 4 of Cultivating Self Awareness!

Today we will look at the differences between Feelings, Thoughts and Emotions as well as Self Talk and how cultivating self awareness can have a positive effect on our health.

First up, lets define **Emotions**—emotions are **automatic** and **temporary** reaction to a stressor in a part of the brain **not connected to thinking or reasoning**(Amygdala). Emotions are a 60-90 second chemical process. MRI studies have shown that by labeling the emotion it calms the amygdala. You can be aware of the process, feel it happen and watch it go away. Beyond 90 seconds if you continue to feel the emotion, become aware of your thoughts. They are responsible for the chemical reaction to occur over and over (unless you are still in the experience such as danger)

“You can’t choose what emotion you feel, you can choose what to do with it.”

Examples of Emotions

- Fear
- Joy
- Sadness
- Excitement
- Disgust
- Calm

**Thoughts**—thoughts are mental or **cognitive processes**. Our brains associate one bit of information with another and create frameworks such as **beliefs, perspectives, opinions, judgements and ideas**.

“Thoughts can trigger emotions!”

What percentage of time are my thoughts spent in the: Past? Present? Future?

What percentage of time are my thoughts: Negative? Neutral? Positive?

How does my body respond to these thoughts?

How does this affect my health?

What would I like to do differently?

**Feelings**—feelings are **connected to thinking**. They are a **reaction** to an emotion where we **assign the emotion meaning**. It’s our **perception** of a situation and it can be long lasting!

**Self Talk**—self talk is a combination of **conscious thoughts** and **unconscious beliefs**. It can be **positive** or **negative** in nature.

Positive self talk is supportive, it can improve self esteem, stress management and wellbeing and it provides a wider view of our lives and opportunities.

Negative self talk is self defeating, critical and can take a toll on confidence and limits personal growth over time. It also fosters depression and anxiety.

Reframing negative self talk

“I am lost, I am redirecting”

“I am a failure, I am learning”

“I am behind, I am preparing”

“I don’t have enough time, I have enough time for the things that matter most”

I’m always exhausted, I just need to take a minute to turn to my resources to revive my energy”

Becoming aware of your self talk so you can bring positive change.

What is some of my negative self talk and how can I reframe it?

What is some of my positive self talk? How can I have more

# Daily Reflections



# Day 5

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Good Morning and welcome to Day 5 of Cultivating Self Awareness!

Yesterday we took some time to understand the difference between emotions, feelings and thoughts. Today we have the opportunity to bring a little more awareness into our emotions.

What emotions can I allow myself to be aware of...to feel...to accept? What emotions are harder for me to be aware of...to feel...to accept? There are many more emotions so if you have others in mind add them on.

- Excitement
- Anger
- Calm
- Disgust
- Sadness
- Joy
- Fear

What are some beliefs that have surfaced around any of these emotions? For example, I don't want to feel joy because I know it will be followed by disappointment. Or, I shouldn't be scared, I should be strong and just do it. I'm not sad, they can't hurt me!

"Unpleasant feelings are just as crucial as the enjoyable ones in helping you make sense of life's ups and downs. Remember, one of the primary reasons we have emotions in the first place is to help us evaluate our experience.....Acknowledging the complexity of life may be an especially fruitful path to psychological well-being."—psychologist Jonathon Adler

Here is a possible reframe

I shouldn't be angry, she didn't mean to hurt me---to----Experiencing and accepting anger is an important part of life and a normal part of human emotion.

- What emotion/s can you reframe to allow for greater acceptance?
- How does this affect my health?
- What resources can I utilize to support myself in the awareness and naming of an emotion?
- What is my takeaway for the today?

# Daily Reflections



# Day 6

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Welcome to day 6 of Cultivating Self Awareness!

Today we have the opportunity to explore our Talents. What are your thoughts regarding this quote?

“When you don’t use your Talents they become burdens.”

- What are my talents?
- What does my friend/family member say my talents are?

The awareness of my talents align with what my friend/family member shared with me-----or-----I gained some valuable insight into how others view my talents.

- How do I use my talents on a daily basis? At home? At work? With friends/family? In my free time?
- What emotions/experiences do I notice when I use my talents? E.g Happiness, sense of flow, peace.....
- In what ways can my health benefit from using my talents more?
- How can I acknowledge and celebrate the ways I currently utilize my talents?

What is my takeaway for today's reflection?

# Daily Reflections





# Day 7

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Welcome to Day 7 of Cultivating Self Awareness!

Today is a day of rest 🧘 and review. This is a great opportunity after 6 days of reflection to look back on your insights with fresh eyes. Maybe make a list of your takeaways and start to prioritize and develop your next steps. What is your top priority? What action would you like to take in the next week or two. What are the details of that action?

- What is the action?
- When do you do this action?
- Where do you do this action?
- How often do you do this action?

How confident do you feel with this plan? If you feel on the fence about your current action what changes can you make to feel more confident?

- What is your accountability to follow through? Do you have a person who will hold you accountable?
- How will this action positively affect your health?

I would love to hear your action plans 🧘

# Daily Reflections

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# Day 8

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Welcome to day 8 of Cultivating Self Awareness! Thank you for your participation during the 1<sup>st</sup> week. We'll start off this week exploring our limiting beliefs.

"I'm not smart enough to do that"

"I can't be successful at the career I really want"

"I can't learn how to do it"

1<sup>st</sup> step is to identify them.....What limited belief/s do I have that hold me back in life?"

Why do we form these limiting beliefs? Our brains remember what has happened in the past and tries to help us by convincing us to avoid the "danger". The "danger" may be something like being told by a teacher when you were growing up that girls didn't do those types of jobs, or being made fun of because you read slowly, or feeling really upset that you didn't make a sports team that all of your friends made etc.

Different types of Beliefs

Universal—when you believe that if one part of something is negative then everything else that's part of that group is also negative.

If-Then---a thought pattern where you believe that if you do a certain thing then something negative will come out of it and if the outcome is negative then you are safer if you don't try.

Self-Esteem—I'm not smart enough, good enough, strong enough, creative enough etc.

2<sup>nd</sup> step is to confront them...ask yourself if it is a fact? For example is it a fact that I can't learn how or is it something I have just struggled with in the past?

3<sup>rd</sup> step is to reframe the limiting belief..... My past struggles with learning provide me with the opportunity to find different approaches that better suite me as an individual. My past frustration with learning has motivated me to put in place a strong support system that fits my specific needs.

- What current limiting belief can I take and reframe to a more empowering statement?
- How does the new empowering statement feel in my body verses the old limiting belief?
- How can the new reframe improve my health?
- How can I put this into action next time I catch myself with this limiting belief?

What's my takeaway for todays reflection?

# Daily Reflections



# Day 9

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Today we will explore Compassion 😊

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”—Dalai Lama

Let's first take a look at what Self Compassion is: Kristen Neff PHD and author of the book Self-compassion defines it as self-kindness (being gentle and understanding with ourselves versus critical), recognizing our common humanity (feeling connected with others in the experience of life), mindfulness (holding our experience in balanced awareness rather than ignoring our pain or exaggerating it)

Some good news, we can train our mind for compassion, joy and good will towards others and ourselves. We are at our happiest when we experience these states of mind.

In what ways do I show myself compassion? Celebrate the times you have shown compassion towards yourself.

What is the impact of not showing myself compassion? How does my body respond to the judging and criticism?

How would cultivating more compassion benefit me? Side note.....studies show that our bodies produce 100% more DHEA (hormone that counteracts aging) and 23% less cortisol (stress hormone) when practicing compassion.

Some ideas to cultivate compassion for yourself.

- 1) Repeating this mantra “May I be happy, may I be healthy, may I be free of suffering. May you be happy, may you be healthy, may you be free of suffering.”
- 2) Imagine a younger you—open a conversation where the current you can ask the younger you some questions such as is there anything you need and the current you can listen closely and offer your loving presence, your kindness, your re-assurance and your compassion—notice how your body changes as you imagine this exchange.
- 3) As our friend Viktor Frankl reminds us to find that space between the stimulus and the response. It starts with the awareness.

As you take a moment to reflect on today's topic of compassion, what will you takeaway and possibly implement?

# Daily Reflections



# Day 10

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Welcome to Day 10 of Cultivating Self Awareness! Emotional Intelligence is our topic for today and its one of my favorites. The other kind of smart.

“Emotional maturity doesn’t come with age, it comes from Self-awareness.” ----Tony Eletto

What is emotional intelligence? Emotional Intelligence is the ability to recognize, understand and manage your own emotions as well as being able to understand and manage the emotions of others. It involves being aware that emotions drive behaviors and impact people either positively or negatively.

Research points to emotional intelligence as the critical factor that sets high performers from the rest of the pack. People use to believe that high IQ is what determined success until studies shown that average IQ outperformed high IQ 70% of the time. This is when Emotional intelligence came on the scene as the other kind of smart.

Let’s take a look at the 4 Core skills and how we assess ourselves

- 1) Self awareness- “How accurately can I identify my emotions and continue to stay aware of them as they happen?”
- 2) Self management—“How able am I to use the awareness of my emotions to stay flexible and positively direct my behavior?”
- 3) Social awareness—“How able am I to accurately pick up on the emotions of others and understand the situation?”
- 4) Relationship management—“How is my ability to use the awareness of my emotions and others emotions to manage the interactions successfully?”

“In what ways would building emotional intelligence positively affect my relationships at home and at work? How would this impact my health?”

How do we build Emotional Intelligence?

To build Emotional intelligence we need to have effective communication between the rational and emotional centers of our brain.

- 1) Practice awareness— bring attention to the interactions around you. Listen to what others are telling you through their words, body language and facial expressions. Observe the way people use emotion and react to emotion.
- 2) Look inward—become aware of your emotions and response to others. Reflect on how your emotions influence your decisions and behaviors.
- 3) Respond to others—practice addressing others based on the way you observe what they are feeling and consider how you would like to be treated.
- 4) Learn from mistakes—If you misinterpreted a certain emotion or mishandled an interaction learn from your mistakes and do differently next time. This is a good opportunity to practice compassion towards ourselves.

When looking at the 4 core skills of emotional intelligence, what are my strongest areas? Bring some awareness to what you are currently doing well and celebrate it 😊

Which core skill would I like to work on to build my emotional intelligence?

In what ways will I work on this skill?

How will building my Emotional Intelligence have a positive impact on my interactions and relationships? How will this affect my health?

# Daily Reflections





# Day 11

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Welcome to Day 11 our half way point! Congratulations for doing the tough work of self reflection 😊 This is a great opportunity to look back at the awareness you have gained in the last 10 days and to get curious about what else you can gain from this 10 minutes of reflection.

Today's topic is how we handle problems in life, setbacks, roadblocks, not getting what we want....

"Remember that not getting what you want is sometimes a wonderful stroke of luck." ---The Dalai Lama

When faced with a setback what thoughts do I have?

"of course this always happens to me"---seeing things as more of a victim of life

"people have it a lot worse than me"---invalidating your experiences

"I am such an idiot"---self demeaning and critical

"it's all their fault"---blaming

How do I handle a roadblock and how does my body react?

Do I approach it with a fight from the start?

Do I accept it with time and space?

Do I approach it with an action plan?

Do I avoid it and pretend it doesn't exist?

Problems can be a great opportunity

Self-reflection—this can be an opportunity to reflect on what's working and what's not working.

Re-evaluation—this can be an opportunity to take a closer look at what you want in life and spend some time in observation.

Acceptance—instead of placing a value of good or bad on the situation how could a neutral tone allow for acceptance?

Motivation—can you gain some new motivation by reframing the situation?

When wanting to make changes or to accomplish something in life it requires a mentality of commitment. If we are training for a race or committing to a college degree or changing careers it requires consistent attention towards our goals. A mentality of "oh I'll just give it a try" probably won't get us far.

What ways can I approach problems from a mind set of "training" vs "trying" to change?

What can I take away from today's reflection?

How can this positively affect my health?

# Daily Reflections



# Day 12

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Welcome to Day 12 😊 Each one of these reflections is a great opportunity to bring yourself some compassion! Today....

## Asking for what we want and need.

“If you never ask, you will never get it”

1) What wants/needs can I identify that I struggle asking for?

Examples: reassurance, conversation, help at work, help with the kids, help with keeping the house, hugs, laughter etc.

Some reasons why we don't ask for what we need according to Author May Pang

- Feels selfish—we can't help others if we don't help ourselves
  - Feels weak— asking for help makes us stronger
  - Afraid of confrontation—this is an opportunity to look at the relationship, does it lack trust, communication, safety?
  - Afraid of rejection—this is a great opportunity to practice facing the fear
- 2) What reasons can I identify as to why I don't ask for what I want or need?

fMRI brain imaging shows the impact of our emotional and physical pain and that our brains can't distinguish between them.

“The nervous system remains active when emotional needs are not processed.” – Bessel van der Kolk

Some tips on how to ask

- ask in person verses over text or email or phone call
- be specific, don't hint
- make sure it is the right timing for both you and the person you are asking
- start with smaller/easier needs and wants and work up to bigger
- be ready to receive
- view it as an opportunity for people to give

1) What need or want am I going to ask for and what is my strategy for asking?

2) What needs or wants do I already ask for that I will celebrate?

# Daily Reflections



# Day 13

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Welcome to Day 13! Today we have the opportunity to dive in to our Awareness of how we handle our triggers and stresses.....and then tomorrow we can take a much deserved day of rest 😊 \* If thinking about triggers/stresses is too much for your nervous system please take care of yourself and consider what is best for you and that may be not participating in this reflection. Sidenote, if that is something you choose for yourself today, great job on your awareness and empowering yourself to do what's best for your system.

We are using the terms triggered/stressed in the physiological meaning of something activating the Nervous System.

When I get triggered/stressed I .....

- Turn to food (over eat, choose salty or fatty foods)
- Turn to drinks (alcohol, sugary, caffeinated)
- React (anger, rage, criticism, judgement)
- Shutdown (withdraw, isolate)
- Panic attack
- Pause and reflect
- Use resources ( breathe, exercise, turn to trusted friend, pray/meditate)
- Other

Currently what negative actions do I take when triggered?

What healthier actions do I want to replace them with?

Knowing emotional triggers are a part of life how can I make some changes that will positively improve my health?

When have I chosen healthier responses to being triggered/stressed?

# Daily Reflections



# Day 14

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Good Morning and welcome to Day 14 of Cultivating Self Awareness! Today is an opportunity for rest from self reflection, or possibly some time to review your past week to remind yourself of all of your strengths and successes, prioritize any changes that you want to make and develop an Action Plan.

If you want to do a little self reflection a great topic to explore would be “How Do I Celebrate My Successes?”

Do I take the time to acknowledge my strengths and successes?

What does that look like and feel like?

How can I have an even greater impact on my health by celebrating my successes?

# Daily Reflections





# Day 15

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Welcome to Day 15 and our final week of Cultivating Self Awareness!

So far we have looked into our awareness of many aspects of our health and wellness. Today we will explore Spirituality and its important role.

Spirituality can mean different things to different people. Some identify with a specific religion, or simply a higher power.

“Health is a state of complete harmony of the body, mind and spirit.”---B.K.S Iyengar

What role does spirituality play in my daily life?

Researchers have studied spirituality and listed the benefits for both our physical and mental health

- Leads to greater happiness by bringing meaning into life
- Feeling of more gratitude
- Experience more compassion
- Improves social connections
- Helps us better cope with stress
- Develop more positive relationships
- Stronger immune system
- Lower risk of depression
- Reduce stress
- Lower blood pressure
- Better sleep

How do I feel most connected to higher power?

Is it through

- Prayer
- Meditation
- Mindfulness practice
- In church/synagogue/mosque
- In nature

How do I notice the positive effects of spirituality on my health?

Is it through

- A sense of protection?
- Feeling loved?
- Feeling supported?
- Feeling sense of purpose?

In what ways would I like to build my spiritual practice?

In what ways do I already have a strong spiritual practice?

How do I notice the impact on my physical and mental health?

# Daily Reflections



# Day 16

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Welcome to day 16 of Cultivating Self Awareness. Today let's take a look at What we Enjoy, What do we find Fun, What gives us a Sense of Awe, What makes us Feel Alive?

What do I enjoy doing?

How do I experience it as joy? How does my body feel joy?

What do I find fun?

How does my body experience it as fun?

What gives me a sense of awe?

- Music
- Nature—mountains, oceans, trees
- Art---architecture, sculptures, paintings
- Animals

What makes me feel alive?

- Exercise
- Creating
- Volunteering
- Being with friends or family

How can I add more of this into my daily life?

How will my health benefit from this?

- Grounding
- Calm
- Happy
- Renewed

How does building self awareness bring more enjoyment to my life?

# Daily Reflections



# Day 17

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Welcome to Day 17 of Cultivating Self Awareness!

Today let's grow our awareness of our Creativity.....

“The best use of imagination is creativity. The worst use of imagination is anxiety.”—Deepok Chopra

How often do I express creativity (at home, at work, with family)?

In what ways do I currently express creativity?

- Potting plants
- Painting
- Planning parties or vacations
- Decorating spaces to fit your uniqueness
- Cooking
- Writing
- Dancing

Research continues to validate what many people already knew about using creativity. It allows us to not only create beautiful work but also bring fresh perspective, problem-solving, brings both physical and mental renewal. Using our creativity can lessen stress and anxiety as well as shame, anger and depression by creating an avenue of releasing and allowing these emotions to move through.

What do I experience when I use my creativity?

- Hear the inner critic...not good enough, not a professional etc
- Sense of pride
- Refreshed
- Inspired to continue to create
- Happiness, joy etc

How would I like to see more creativity in my life on a daily basis, weekly basis, yearly basis?

What new areas of using creativity would I like to explore?

- Maybe taking classes at a local art studio
- Exploring you tube to learn a new dance
- Scrolling through Pinterest for new paint more ideas
- Using Nature for inspiration

# Daily Reflections



# Day 18

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Welcome to Day 18 on the final stretch of Cultivating Self Awareness. I hope you are all gaining some valuable self awareness. I continue to as I reflect each day.

Let's spend some time reflecting on What Drains us and What Charges Us.

"Almost everything will work again if you unplug it for a few minutes, including you." ---Anne Lemott

Drain – identify specific things/people/events that Drain my energy (these are some of mine)

- Specific people
- Cleaning
- Running errands
- Cooking
- Busy and Rushing
- Over thinking

Charges—identify specific things/people/events that Charge my energy (these are also some of mine)

- Nature—walks or bike rides and taking care of my plants
- Laughing—I love to watch certain comedians
- Quality time with my family—heart to heart with the kids and my husband
- Naps with red light therapy
- Creating—little artsy projects throughout the house
- Work—helping my clients is rewarding

Knowing that certain things in life cannot be avoided, being consciously aware of their affect on us puts us in a position of influence over our day to day experiences. *Becoming aware of how exhausting having to rush all day makes me, puts me in a position of power to make better decisions and planning instead of being a victim to the day. When I am aware of getting caught up in over thinking (especially something I can't change) and how mentally tiring that is I choose to focus my attention on something I want to create.*

"Be intentional with what you say yes to and what you say no to." – Fran Hauser

What Drains do I want to bring conscious awareness to so I can limit or make changes?

What changes will I make to address these Drains?

What Charges do I currently do a good job of fitting into my day/week/month?

How will I fit more Charges into my day?

# Daily Reflections





# Day 19

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Welcome to Day 19 ☺ Let's take a minute to reflect on how much Self Awareness you have gained in the last 18 days! It takes a lot of strength to look inward and I think that is to be celebrated!!!!

Today's reflection is about gaining awareness of how often we React vs Responding.....  
Reacting to a situation would be considered meeting one action with another in an emotional, immediate and rash way. Responding to a situation would be in a considerate and deliberate way, allowing opportunity to try to figure out the cause and consider solutions.

When faced with difficult situations do I typically React or Respond?

In the past when I **Reacted** to a difficult situation or interaction how was this met or what was the outcome? What was the impact this had on me?

When I **Responded** how was this met or what was the outcome? What impact did this have on me?

In the wise words of Warren Buffett, "You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing things with logic. True power is restraint. If words control you that means everyone else can control you. Breath and allow things to pass."

In the past what challenging situation/s have I Responded instead of Reacting? In what ways was I resourced that supported me in a Response and not a Reaction?

Here is another opportunity for the Viktor Frankl quote, "Between the stimulus and the response there is our power to choose our response. In our response lies our growth and freedom."

#### **Here are some tips to train for a conscious Response**

- Train consistently on how to pause and reflect in the moment
- Develop a plan in place for how you can handle those difficult situations
- Practice gaining perspective by allowing space before your Response
- Practice mindfulness and **awareness** of how this difficult situation affects others around you.
- Build strength by reflecting on past experiences of the times you Reacted and what you learned from hindsight and how you will do it differently next time.

**Most importantly this is a great opportunity to practice giving yourself the compassion you deserve by allowing yourself to make mistakes.**

In what ways do I do a great job Responding in a thoughtful way?

In what ways would I like to train to Respond in a more thoughtful way?

# Daily Reflections



# Day 20

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Welcome to Day 20! I appreciate your commitment to the process of Cultivating Self Awareness. By reflecting on a daily basis we train ourselves to become more self aware and compassionate and less critical shifting us from a passive role in life to putting us in the driver seat.

Today let's take a closer look at What Ways We Trust Ourselves and What Ways We Distrust Ourselves

“A bird sitting on a tree is never afraid of the branch breaking, because its trust is not in the branch but in its own wings.”—unknown

What areas in life have I lacked trust in myself?

- Ability to learn a new skill
- Difficult conversations with loved ones, friends, coworkers, neighbors etc
- Making big decisions
- Completing tasks

What times in life have I trusted myself and what did I gain from these experiences?

What can I gain from having more trust in myself?

- New experiences
- Better connection within relationships
- Empowerment
- Greater sense of self esteem and accomplishment
- Freedom from perfection

Here are some tips to gain trust in yourself

- Getting to know yourself better—spend some time in a quiet place observing your thoughts, breathing, where you are holding tension in your body
- Identify your strengths and use them, build on them and appreciate them
- Identify and accept your weaknesses and practice asking for help
- Challenge limiting beliefs

# Daily Reflections



# Day 21

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Welcome to Day 21 our last day of Cultivating Self Awareness! Congratulations for dedicating 21 days of slowing down and looking inward.

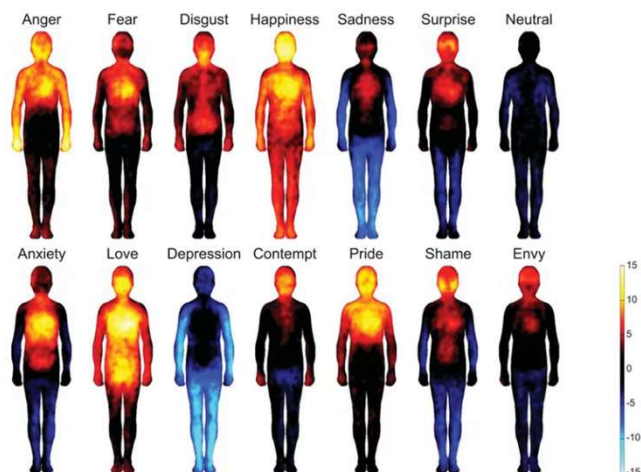
“Be your own spectator; seek your own applause.”----Seneca

*My interpretation of this is “Be self aware; celebrate yourself.”*

Today let’s gather all of our successes over the past 3 weeks and acknowledge each one. Give each success the attention it deserves. Allow yourself to revisit the moment. How did your body experience the success? Was there lightness? Heart racing? Hands tingling? Sense of calmness/peace? Etc. Remember the resources that were in place and the strengths you used to overcome the challenges.

“In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past.”—Bessel Van der Kolk

This picture represents the findings of a 2014 Finnish study. Researchers mapped where we experience the different emotions in our body. In more recent years they have elaborated to mapping where we experience 100 different feelings in our body.



# Daily Reflections



# Conclusion

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This 21 days of Cultivating Self Awareness will continue to be available so you will be able to work your way through it again at your own pace to allow for more integration. Maybe grab a friend to bounce ideas off and to support each other through some of the more difficult reflections.

*Thank you for your participation! I appreciate all of the experiences you have shared and I acknowledge the strength it takes to be vulnerable to look inward.*