



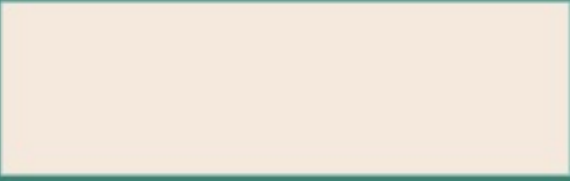
Find Your North Star, with Catherine Skinner



Lesson 1 – Self-awareness and Inner Wisdom
How to get unstuck and step into your power in
10 days.

*Your summary of the lesson, plus useful resources and
activities*





Your Journey Towards Your North Star has begun!

Meet Your Coach



Hi, I'm Catherine and I've been working on this programme for a while. It's based on years working in the women's sector in London supporting women through some of the most difficult situations imaginable. It's also the result of my own personal journey and my motivation to use what I've learned personally, academically and professionally to empower other women to live authentically and to find purpose and meaning. I can't wait to get started and I'm so happy you've made the decision to put yourself first.

Ready? Let's dive in!





Practice awareness to connect to Inner Wisdom



Where do we start?

Practice is your friend for each of these lessons. Practising awareness sounds like the easiest thing in the world. What makes it challenging is the ability to let go. This is a crucial step to getting unstuck and finding your power and is the step which is completely overlooked by traditional coaching methods. Without it you won't have the ability to connect with your inner wisdom.



You may have a daily meditation practice, or you aim to take breaks during the day. That is a starting point. What we're trying to achieve here is the aspect of mindfulness that enables you to bring awareness to your thoughts and emotions. I have found this really challenging for myself, because of this inbuilt need to make progress or have an impact. Understanding where it comes from is helpful as it enables me to be gentler with myself about it.



Finding the time to care for ourselves is at the heart of finding balance. It's the classic, put your oxygen mask on first. The problem is that it's counterintuitive if you've spent your whole life feeling pressure to perform and take care of others to make sure you all survive. For example, to survive and take care of your children, you have to take care of yourself; if you want your children to be happy and make positive choices for themselves, it's important to model that behaviour to them.

Practice makes progress



When do we practice?

The practice involved in engaging with self-awareness is frequent. It is available to us at any time, but not just when we need it. We need to remind ourselves to check in throughout the day. If you practice the ability to understand your own thoughts, feelings and needs, you can apply that to connect with your inner wisdom.



Think of it like you would if you were looking after a baby. When a baby is crying, it could be any number of things. If you've ever been trying to understand why a baby is crying in the middle of the night whilst you're sleep deprived, you will get how frustrating that is. You also find that over time, you can recognise different types of cries, you can put them in the context of what the baby has been through today. You can learn the same skills with yourself, you can attune to your needs in the same way.



It's a common theme for so many of us to go through the motions. Rather than reaching for shortcuts to get rid of or push down how we are feeling in any given moment, how about practising a little curiosity about it? You have a problem that's hampering your productivity, you need to find a way to eradicate it.



IOK, so now you have an idea of the importance of self-awareness and the challenges it brings. Let's get into the practice. Here are a few exercises that will help you engage with self-awareness and some links to useful sites. You can also follow the links in the handout for more meditations on connecting to your inner wisdom or your core beliefs. Practising body scans throughout the day are a good way to build practice and they can be as quick or as long as you like. You don't even have to close your eyes so you can do them anywhere.



Summary





Summary



Set the intention to check in with yourself throughout the day



Recognise the significant skill involved in being able to connect with your own needs.



Practice awareness as much as you want. If you're bored, waiting in a queue, instead of reaching for your phone, check in with yourself.



Get curious, consider ways that you can connect with your inner wisdom or your core.



Don't put pressure on yourself to find all the answers straight away. The power of developing awareness is in itself very powerful and can be the vital step we need to make sense of what is happening to us or what we are doing.



Practice self compassion

Resources





Exercise

Find somewhere quiet where you won't be disturbed and just sit quietly, focusing on your breathing. You don't have to meditate; you just need to feel grounded in your body. Now turn your attention to the sensations in your body. Can you feel the fabric of your clothes against your skin? Your feet on the floor? Is your heart beating? Where do you feel discomfort? Where do you feel at ease? Settle into that. Now, place your hand on your heart and tell yourself that you are seen and heard, and you deserve what you want. You can say out loud, "I deserve peace, contentment, fulfilment and ease. I deserve success, respect, love and admiration. I deserve to be seen, heard, valued and supported." Now, consider what you want. Whatever comes to mind next. Whatever your dream or aspiration, say it out loud and don't be afraid of it. It is your dream, your ambition. Get to know it, visualise it, hear it, feel your physical response to it in your body. Now just enjoy it. Stay with it until you feel ready to let go. Then write down one thing you can do today to move one step closer to it. It may be that you feel that you want to write down lots of things and end up journaling or just pouring it out. That's absolutely fine. You may end up with 15 things, but just pick one and start with that. You have plenty of time to work out the rest tomorrow and the next day, and the day after that.

Want 1:1 coaching or have questions or comments? I'm here.

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Ready to Learn More?

Michele Theburg:

How to Connect with Your Inner Wisdom

<https://www.youtube.com/watch?v=1evyf4CiATA>

Headspace on YouTube:

Reset - decompress your body and mind

<https://www.youtube.com/watch?v=QHkXvPq2pQE>

Eckhart Tolle:

Reconnect with the body

<https://www.youtube.com/watch?v=FDIPl0f4v04>

Dr Kristin Neff:

<https://self-compassion.org/>

Next Lesson: Zoom Out

go to www.catherineskinner.org for more

I believe in you, you got this!



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