



# The Seven Levels of Awareness

Presented by: Laura Campbell

Certified Life and Leadership Coach

Certified Crisis Counselor

## During late June, 40% of U.S. adults reported struggling with mental health or substance use\*

ANXIETY/DEPRESSION SYMPTOMS



31%

STARTED OR INCREASED SUBSTANCE USE



13%

TRAUMA/STRESSOR-RELATED DISORDER SYMPTOMS



26%

SERIOUSLY CONSIDERED SUICIDE†



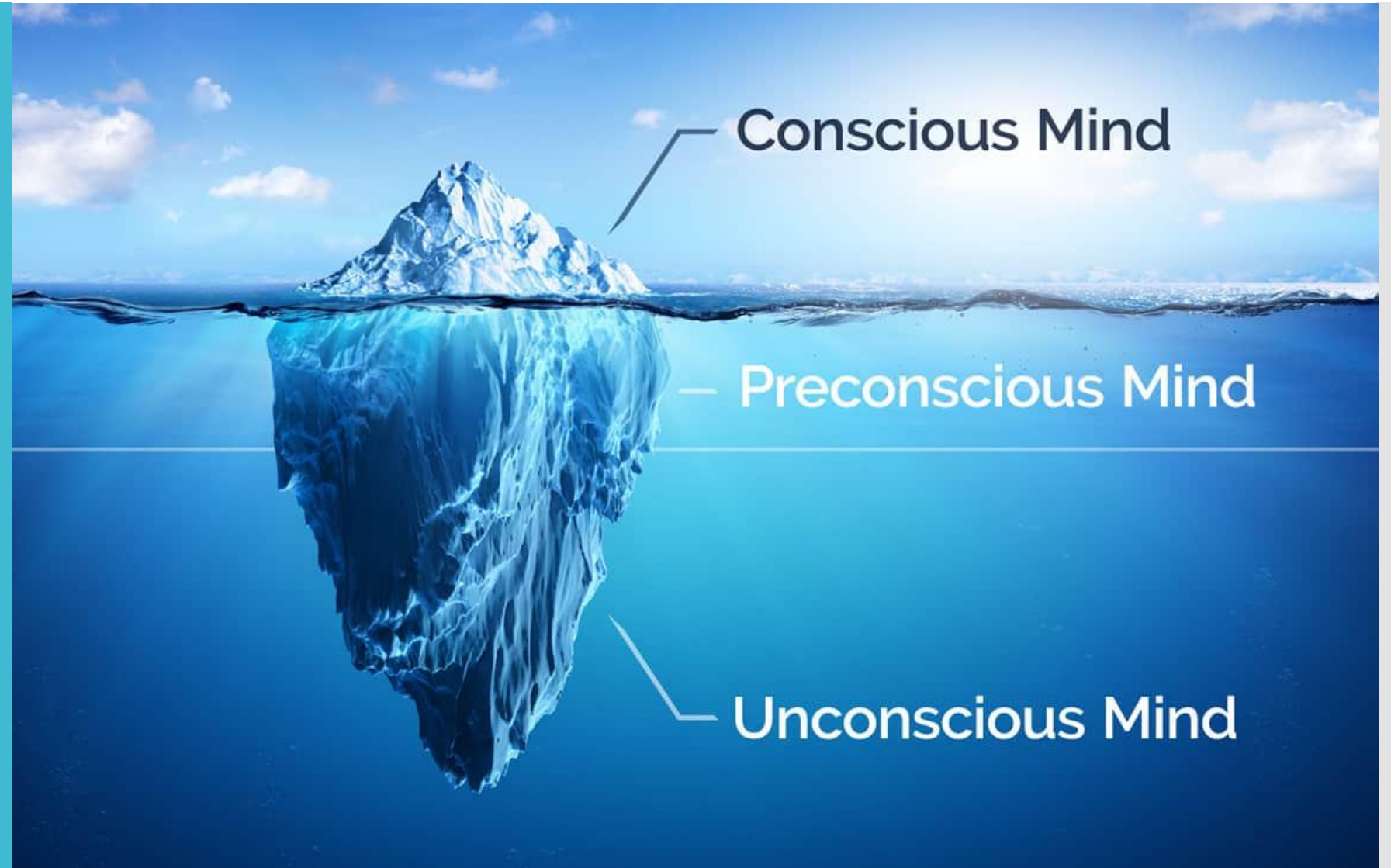
11%

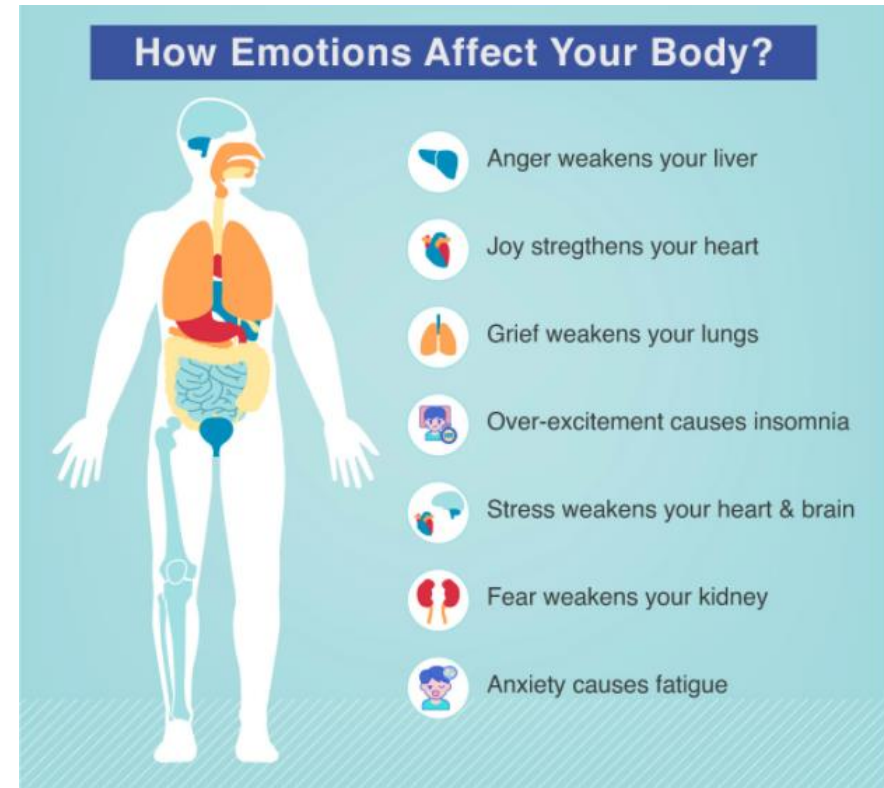
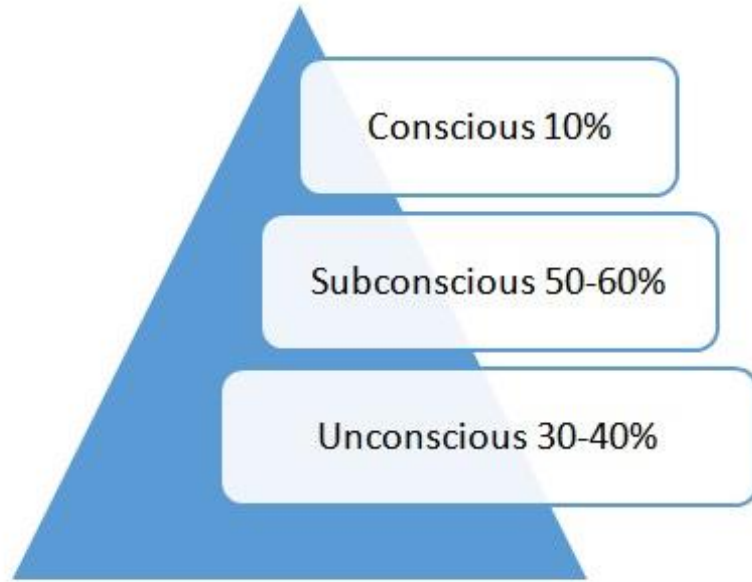
\*Based on a survey of U.S. adults aged ≥18 years during June 24-30, 2020

†In the 30 days prior to survey

For stress and coping strategies: [bit.ly/dailylifecoping](https://bit.ly/dailylifecoping)

Sigmund Freud was the first to use an analogy of an iceberg to describe the three levels of the mind





Why it's critical to increase conscious awareness



# Level 1: Animal

Fight or Flight  
React vs. Respond

## Fight or Flight Response



ATOMIC MEME: The Biology of  
Stress-The Fight or Flight  
Response

# Level 2: Mass

Follow the crowd,  
Conform

SOCRATES

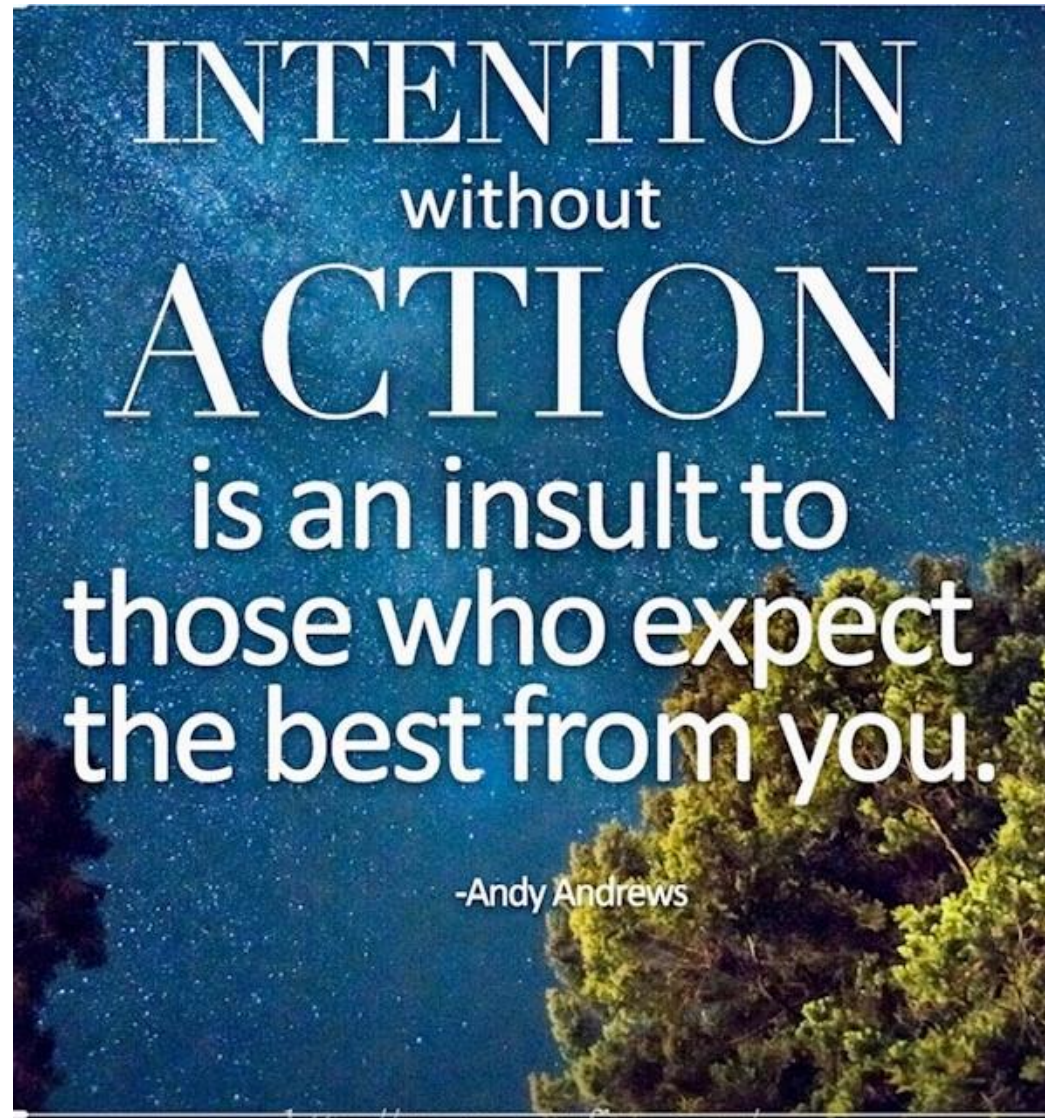
**TO FIND  
YOURSELF**

**THINK FOR  
YOURSELF**



# Level 3: Aspiration

Desire, without action  
Wishful thinking  
Good intentions





# Level 4 Individual

Express  
Uniqueness  
Take action



**YOUR GREATEST  
CHALLENGE MAY,  
IN FACT,  
BE AN INVITATION  
FROM THE UNIVERSE  
TO STEP INTO  
YOUR GREATNESS,  
IN DISGUISE.**

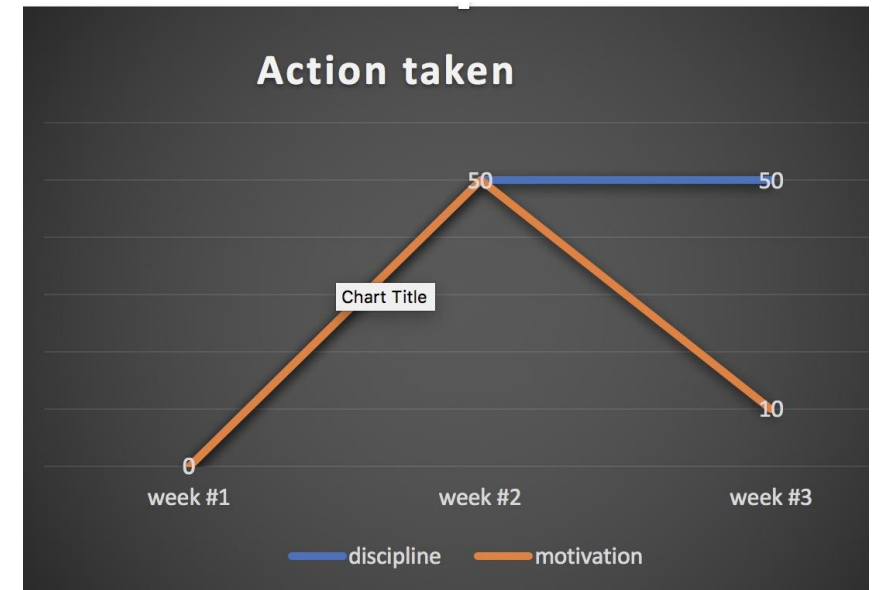
-Pamela Savino

# Level 5: Discipline

Give yourself a command and keep it.

Self- integrity

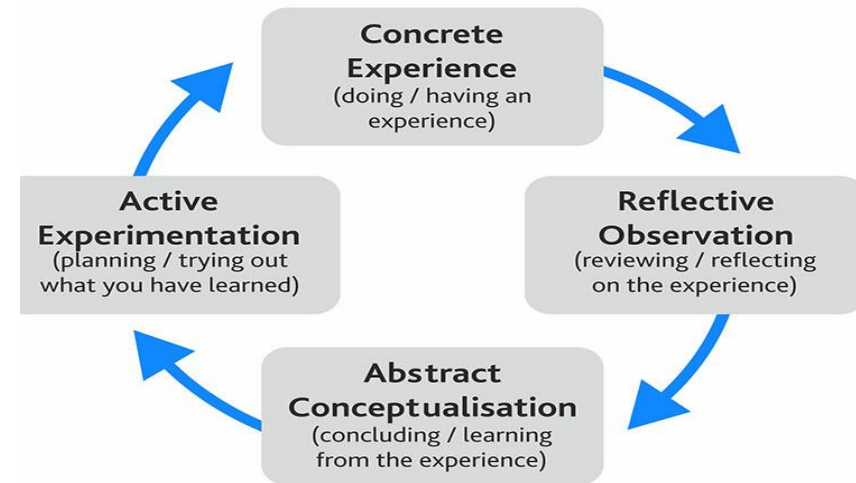
Self-trust



The best teacher for a leader is  
evaluated experience.



## The Experiential Learning Cycle



# Level 6: Experience

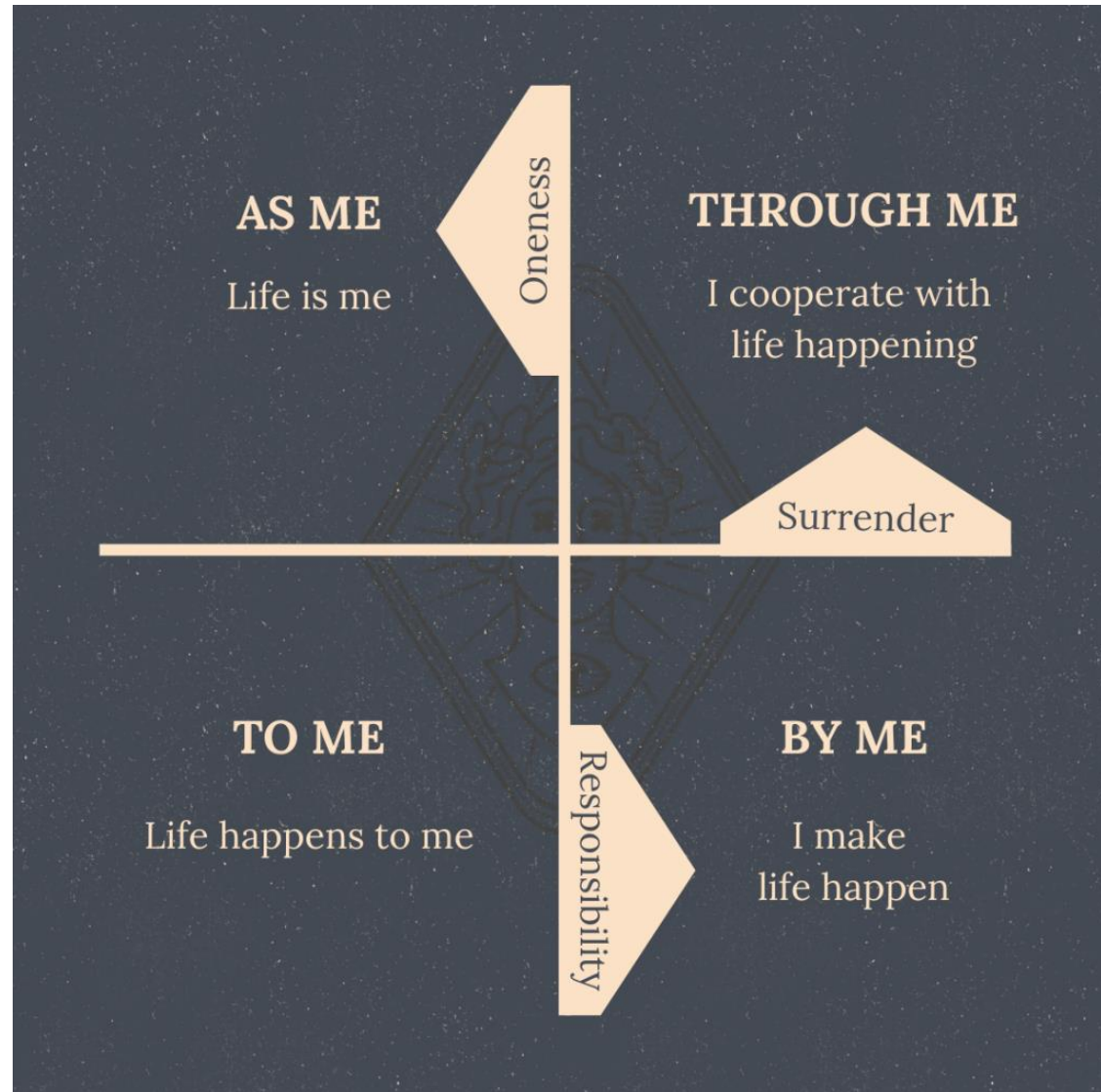
Evaluated Experiences  
Real learning

# Level 7: Mastery

No longer controlled by habitual patterns.  
This person truly thinks and takes action  
to bring them what they desire.

Understands that life happens through  
them and remains present.

Higher level of thinking, allows for  
responding, rather than reacting.



Which levels do you spend most of your time in?

