

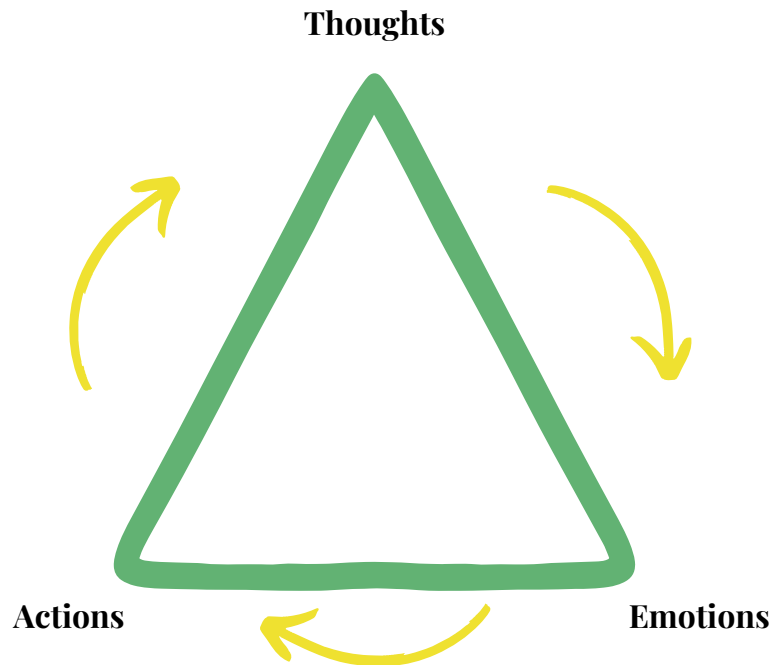


THE AWARENESS TRIANGLE

Understanding Your Thoughts, Emotions & Actions



The Awareness Triangle helps you recognise how your thoughts, emotions, and actions are interconnected. This tool will help you become more mindful of patterns that shape your decision-making, leadership, and overall mindset.



Step 1: Identify Your Current Thought Patterns

What are the dominant thoughts that influence your daily decisions?

- ✓ I often think about what could go wrong before making decisions.
- ✓ I second-guess myself before taking action.
- ✓ I tell myself, “I’m not ready” or “I don’t know enough.”
- ✓ I compare myself to others and feel behind.
- ✓ I focus more on limitations than possibilities.

 Reflection: What are three recurring thoughts you have about yourself or your business?




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Step 2: Recognise Emotional Triggers

Emotions shape how we interpret and react to situations. Identify patterns in your emotional responses.

- ☒ I often feel overwhelmed or anxious when making decisions.
 - ☒ Fear of failure holds me back from taking action.
 - ☒ I experience frustration when things don't go as planned.
 - ☒ I struggle with imposter syndrome or self-doubt.
 - ☒ I sometimes let emotions dictate my decisions instead of logic.
-  Reflection: Which emotions frequently arise in your business journey, and what triggers them?

Step 3: Evaluate Your Actions & Responses

Your thoughts and emotions influence your behaviours. Let's explore how.

- ☒ I procrastinate or avoid tasks when I feel unsure.
 - ☒ I overwork myself to prove my worth.
 - ☒ I struggle with consistency in taking action toward my goals.
 - ☒ I make impulsive decisions based on emotions rather than strategy.
 - ☒ I seek external validation instead of trusting my own judgment.
-  Reflection: What is one action or habit you'd like to shift for better alignment?






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Creating a New Awareness Triangle

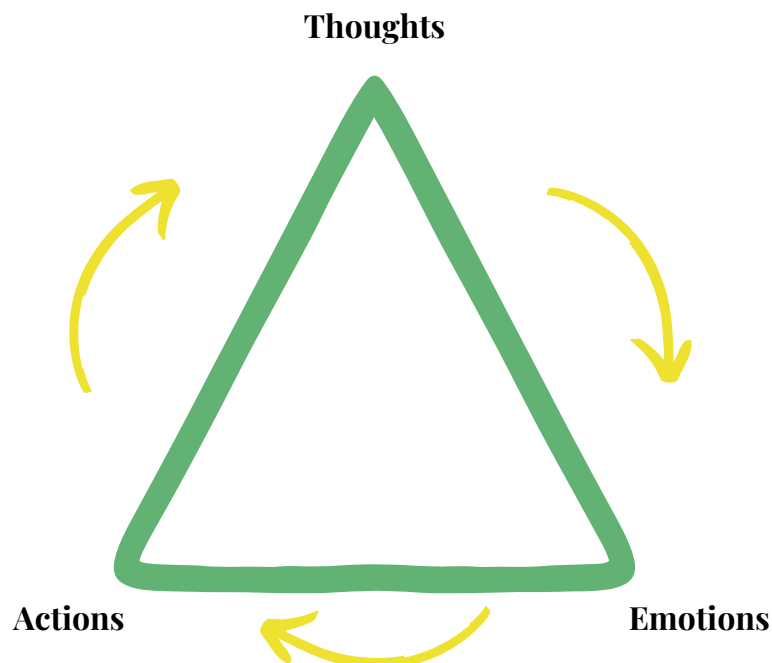
Now that you've identified your patterns, let's reshape them into a more empowering framework.

-  Step 1: Write down a limiting thought. (Example: "I'm not ready to grow my business.")
-  Step 2: Identify the emotion this thought creates. (Example: Anxiety, fear, self-doubt.)
-  Step 3: Describe the action this belief leads to. (Example: Procrastination, avoiding opportunities.)

Now, let's reframe:

- New Thought: What's a more empowering belief you can replace it with?
- New Emotion: How does this shift make you feel?
- New Action: What's one small step you can take to reinforce this shift?

 Write your new awareness triangle below:



Becoming aware of your patterns is the first step in creating meaningful change. By consistently checking in with your thoughts, emotions, and actions, you'll develop the ability to lead with clarity, confidence, and resilience.

 **Call to Action:** Over the next week, track your awareness triangle daily. Choose one limiting belief to reframe and take a small aligned action.