

HUMANITY
UNCODED

WORKSHEET: AWARENESS

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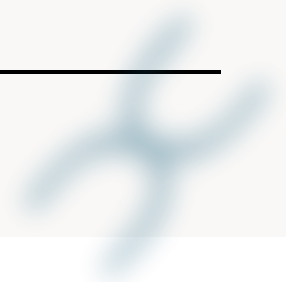
Awareness is the entry point of transformation.

Before anything can change, it must first be seen. Awareness is your first invitation back to Self — a moment to examine your life with clarity, curiosity, and compassion. As you go through his workbook you may come across parts of you that want to avoid, protect, self-criticize and control. It is ok, they are not bad and mean well. Rather than trying to get rid of them, let them be present. If they are present, before each question, take a few deep breaths and imagine speaking to this part with care. Does the part want you to know something? What would you like to say to it?

Reflection Prompts

What feels misaligned in your life right now?

Where do you feel the most pressure to perform, produce, or be someone you're not?



AWARENESS

Reflection Prompts Continued

What patterns in your day drain your energy or sense of self?

Which emotions have you been overriding or dismissing?

What parts of you are asking for attention?

