

I expand my awareness

I expand my awareness.

Examining myself honestly helps me to develop and grow.

I acknowledge my thoughts and feelings without making judgements. I accept myself as I am. I understand my strengths and weaknesses.

I identify and transform attitudes and assumptions that hold me back.

I listen to my body. I notice signs of stress and fatigue. I stop for breaks throughout the day. I take care of my physical and mental health with regular exercise, healthy eating, and adequate sleep.

I consider my options. I weigh the consequences of my actions and make sound decisions.

I welcome other points of view. I ask others for feedback and use it to enhance my performance. I listen to opposing opinions before making up my mind.

I try new things. I visit unfamiliar places in my neighborhood and travel to other

countries. I take up new hobbies and sports. I broaden my experiences and push myself out of my comfort zone.

I make deliberate choices. I set goals and strive to achieve them. I manage my time and set priorities that align with my values.

I read inspiring texts and talk with spiritual friends. I affirm my worth. I contemplate my life purpose. I look for ways to integrate my faith into my daily routines.

Today, I am aware of myself and my surroundings. I feel alert and relaxed. **I am fully engaged in my life.** Learning how to be myself makes me happier and more successful.

Self-Reflection Questions:

1. How can journaling help me to increase my awareness?
2. How can I become more aware of my body language?
3. What effect do my emotions have on my awareness?