

DEVELOPING



SELF

AWARENESS

WORKBOOK



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DEVELOPING SELF-AWARENESS WORKBOOK

If you want to develop yourself to your fullest potential, you must master the art of self-awareness. On this path of personal exploration, you'll discover both positive and negative things about yourself. Some of them may surprise you.

Self-awareness involves not just knowledge of your strengths and weaknesses, but also the ability to observe your thoughts, reactions and behaviors.

"To know yourself, you must sacrifice the illusion that you already do."

- Vironika Tugaleva

DISCOVER YOUR TRUE SELF

Do you identify yourself with your vocation or your role in your family or society? This is not your true self. Uncovering this self entails peeling away the many layers of your thoughts and beliefs until you get to your divine core.

Before you embark on this journey, though, you should first *want* to see your true self. Then, when you find traits you dislike about yourself, you can choose to change them, and hone those characteristics you find constructive.

TURN THE SPOTLIGHT WITHIN

The world is your mirror. Bearing this in mind will help you develop self-awareness. You'll probably notice that at some level others reflect traits that you have within yourself, and that can sometimes make you feel uncomfortable.

Detail a situation in your life where someone may have been exhibiting a trait you recognize within yourself. What can you do with this knowledge?

WHAT TO LOOK FOR WHILE DEVELOPING SELF-AWARENESS

When you're self-aware, you align with your truth, passion and purpose. You know your goals. You understand what contributes to your happiness or sadness. You're deeply in touch with your values, beliefs, strengths, and weaknesses. You are also aware of your achievements and your difficulties, as well as how you relate to others.

Write down the following:

Goals:

Things that make you happy:

Things that make you sad:

Your values: (ambition, equality, integrity, responsibility, dedication, honesty, optimism, etc.)

Your beliefs: (You only live once; all people are created equal, etc.)

Your achievements and what you learned about yourself from them:

Your challenges and what you learned from them:

BE AWARE OF YOUR MOTIVATION

Think about what motivates your actions and words. Whom do your actions benefit? Could they harm anyone? Do they?

WHAT IS YOUR PERSONALITY TYPE?

Determine whether you're an extrovert or introvert. Are you a blend of both? If so, note down examples of both states.

Instances when you're introverted:

Instances when you're extroverted:

HOW TO WARM UP YOUR FLEXIBILITY MUSCLE

Learn how to master various situations by exercising your flexibility muscle.

Sign your name with your dominant hand.

Sign your name with your other hand:

If you practice writing with your other hand, you'll find it gets easier. Gradually you can extend this flexibility to other areas of your life. This will expand your possibilities.

“WHAT THE BLEEP DO WE KNOW?”

Watch this documentary. It helps you become more self aware by combining spirituality with quantum physics. It demonstrates how our beliefs can create our circumstances and how we can affect water with thoughts, words and music. In some way, we're interconnected with everything in our world.

Keep in mind that our bodies are mostly composed of water. ***Imagine, if you can affect water so easily, how readily your body would respond to positive thinking.*** In becoming more self-aware, you truly can manifest whatever you want!

ACKNOWLEDGE YOUR NEGATIVE TRAITS

Accepting our negative traits requires courage. Take the time to look deep into yourself and write them down.

Be aware of your negative traits without judgment every time they appear. Allow yourself just to be, as you are today. Awareness is the first step toward change.

PERCEPTION IS THE KEY

Even a challenging situation can be transformed into good if you perceive it that way. Write down a recent challenge in your life and reflect on how you can turn it into something positive.

HOW TO BE YOUR BEST SELF

Consider your strengths. Jot down your strengths and also how they contribute to the happiness of others.

List your achievements. List ten accomplishments below. Next to each, note down the new things you learned as a result:

Make a note of your preferences and habits. Write down your preferences and habits so you're aware of them and can change them if they don't serve you.

THINGS TO WATCH FOR WHEN THERE'S CONFLICT

Whenever you find yourself in a conflicting situation, think about whether you're trying to prove you're right. This is the foundation of ego. Pay close attention to negative emotions, reactions and behaviors whenever you feel stressed out.

What conflict are you facing today? How is your ego causing some of the stress of this conflict? Can you think of a way to reduce the conflict by working on your emotions within?

KEEP A JOURNAL

Writing your thoughts and actions down every day is the best way to develop your self-awareness. Be disciplined about it and you'll be able to understand yourself much better.

Start a journal today!

WAYS TO DEVELOP SELF-AWARENESS

Apart from learning from your mistakes and those of others, do the following:

Maintain a set of values that you appreciate. Cultivate traits such as humility and honesty. Some values that you wish to cultivate:

Read self-help books. Seek out good books on personal development and put what you learn into practice. Research some good books that interest you in the area of self-development. What books will you read?

Seek the company of others who are becoming more self-aware. Developing self-awareness can be much easier in the company of those who are also working at it. Also, like-minded seekers can guide you and help keep you focused. Look for online forums and in your church membership. Possible places to try:

THE PRACTICE OF FOCUSING

Are you in turmoil right now? If the answer is yes, take a step back and write down what's bothering you. Don't worry about the details. Just go with the overall feeling. Write down each thought that comes to you. This exercise will help you feel less emotional and objective about the situation.

By practicing some or all of these suggestions, you can begin to cultivate self-awareness. With greater knowledge of yourself, you will live a richer and more fulfilling life!