



# THE SELF AWARENESS JOURNEY

Corporate Wellness Program

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# Lesson 1: The Full Journey

Are there specific things or people in my life today that I wish I could feel differently about?

What would need to happen for that to occur?

As I listened to this lesson, which module or modules resonated the most for me and why?

If I were to create ONE goal for this program - what would it be?

# Lesson 2: Triggers

Now that you're uncovering one or more of your own triggers, let's look at some of the most common emotional triggers people experience.

## The Top Five Common Triggers:

### Self Doubt.

Self-doubt is a pervasive and all consuming fear of not having enough, or not being enough.

### Particular People.

Often people are triggered due to another person's specific personality trait or traits, their work or personal habits, or their beliefs.

### Certain Situations.

Often we find ourselves in the middle of a repetitive situation that we don't have control over but for sure triggers us. It can happen in any place in our lives – but it happens regularly, and annoyingly.

### Unfavorable Outcomes.

I love the phrase “Expectations are resentments waiting to happen”. And this trigger is perfectly aligned with that. When we expect things to be a certain WAY... and they are NOT... we can absolutely get triggered.

### Unrealized Feelings.

FEELINGS are a powerful connector to body, mind, spirit and emotions. USUALLY – when we get triggered or we start to feel any feeling that is either TOO BIG or UNFAVORABLE – our natural instinct is to SHUT IT DOWN or OFF. If this habit continues, we can suddenly experience grief, sadness, anger or flashes of ourselves we DON'T EVEN RECOGNIZE. Then make ourselves wrong for the feelings.

Which of the listed triggers are the same for you?

Are there other personal triggers not listed that you want to explore?

If you could trace those triggers back to the earliest memory possible, what comes to mind?

# Lesson 3: Feelings

This lesson is about after the relationship between our feelings, our minds and our bodies. When we get “triggered” (Lesson 2) we immediately get a strong emotional reaction or flood of feelings. Our body will identify those feelings or reactions long before our brains do. Can you feel when your body is responding to various emotions?

Feelings are our guideposts for everything, and as humans we’ve gotten more in a habit of denying or ignoring our feelings, rather than spending a moment to understand what they are trying to tell us. Our specific focus this week, is to identify when we are feeling something, and where in our body we are feeling it.

Now that I understand my body is giving me cues about how I feel all of the time, how can I consciously notice my feelings sooner, and choose to feel better more or all of the time?

The moment you notice you are having a feeling in your body, ask yourself the following questions:

1. What IS this feeling in my body - and WHERE is it happening in my body?
2. Where in my body can I associate feelings like anger, fear, happiness, embarrassment?
3. Now that I have identified it, can I begin to notice these feelings coming up so that I may address them sooner?

Here’s a story to illustrate this activity, and a 3 step process to work on this even further if you’d like!

An example through a STORY: Let’s say I’m worrying about not having enough money to pay my rent this month (this is a TRIGGER). My brain spins and spins in this thinking, until I have a major stomach ache and I feel sick. The “I don’t have enough money” dialog keeps running in the background for several hours before I am even consciously aware that it IS, and I suddenly realize I feel TERRIBLE. I am so afraid I won’t have rent money. And it’s already the 10th! What if I won’t have enough money to pay my rent by the 30th? I’m scared I will get kicked out of my apartment. People will find out I really don’t have a lot of money. I am so embarrassed about that! What can I tell people if they find out? Why did I just buy those pair of sandals last week? I’m so stupid! I knew that was a bad idea.

Eventually, this thought pops into my awareness: I have a stomach ache, and feel rotten. My body is telling me that whatever thoughts I've been having are causing a huge internal ruckus. That's STEP ONE. I noticed my body's reaction.

So I will ask myself, "What is the subject of my thoughts?" (That's STEP TWO) The subject was money. And was I focusing on the HAVING of money, or the fear that perhaps I wouldn't have enough? I was focusing on the fear.

STEP THREE is to either choose a more soothing thought about money or choose completely different and more general thoughts about a totally different subject. In the above example, I may remind myself that I always work everything out with rent, and I've never been late. I may also remind myself that it felt really pleasing to buy the sandals, as I had wanted them for months and they were deeply discounted finally. The timing was perfect! If I've been irrationally scaring myself for too long, I may simply say something like this, "I am aware that I have had those thoughts running through my head for the whole morning. I am also aware that I can choose more pleasant topics with more soothing thoughts so that I feel GOOD. I will gently guide myself to one of those topics now, and I am so pleased with myself that I went through this process. Next time, I desire to get faster at noticing my process!"

Please journal what came up for you in this activity as you will use this again later.

## Lesson 4: Authentic vs. Actor Self

Many times throughout our day, we feel obligated to act or speak differently than how we are really thinking or feeling about something. We do this as a natural response often to make others feel better; even if it is at our own expense. To some degree this is completely normal yet when this happens too frequently, we begin to feel imbalance. If we are not aware of this imbalance, we begin to lose how we really feel or begin to feel like we can't even be ourselves. Look at The Self-Awareness Roadmap and notice how it is sectioned off into these two different ways of being. It is often much easier to see when other people are in their actor selves - but can you realize when you yourself are acting in a way that you don't really like sometimes?

When have you noticed the actor self vs. the authentic self in your own life?

What is one example you consciously recognize that you are in your actor self?

How do you act on the outside when you are in your actor self? Use specific examples.

How does it feel on the inside when you are in your actor self? Another way put – where is the disconnect from your feelings vs. what you are doing?

As you consider the roadmap, you may instinctively feel that you spend more time in the actor part of you, than the authentic part of you. If you could change any part of your acting vs. authentic being – what would it be and why?

*Please note: This is a very important part of self-awareness. Please notice or observe yourself in the actor self, however try not to judge or 'make yourself wrong' when you've noticed you are in your actor self.*

Often, it is easier to notice what you are doing rather than what you are feeling. When you are not acting in a way that honors your feelings inside, what do you DO about that today? (i.e. go find a project, self soothe by jumping on your phone, etc.)

What is your personal focus like today (how are you spending your thinking time today)? Do you focus on staying centered and in harmony with yourself? Why or why not?

When are times in your life where you feel a strong urge to protect or defend yourself?

Do you feel you are in a constant state of self-evaluation or re-do? Why or why not?

What is your current environment like? Is it supportive, stable and flexible? Or is it competitive, drama filled and inflexible? Are there certain people that add to this environment?

What do you say, do or be that encourages the environment to be exactly as you just described?



Do you have a conscious awareness of the role you play in your surroundings?

**\*Want to work on this more? Check out the below exercise!**

The purpose of this activity is to use your past to create a new future way of being. By using your feelings as a guidepost, you can actively shift your life to be more centered, satisfying and in harmony with your authentic self. Using a notebook or reflections page, picture your perfect life 1 year from now. In your mind's eye, create your perfect job. Describe where it is. Who works with you and why? Do you know them today or are they new people coming in to your life? How do you act and interact with them that is different than how you are with people today? What exactly are you doing, and why does it matter to you? What kind of clothes are you wearing? Do you have an office or home base? What does that look like? How will you spend most of your day – what activities keep you content, creative and satisfied? How much free time do you have, and how do you spend it? Taking a quick inventory of your closest relationships, who is still in your life and why? Who have you chosen to move away from (maybe for the time being), and why? What old thinking patterns have you lovingly moved past, honoring them for what they did for you before? By creating this emotional image, you can become more active and proactive in moving in the direction of a more harmonized state. The more attention you give this exercise, the more opportunity will arise, and the more aware you will be about what matters to you.

Continue to come back to this picture, adding anything that feels like it needs to be added, removing things that maybe 'sounded' good but didn't really feel right. Jot down your feelings about this exercise and what you've learned about yourself in the journey so far.

You may also enjoy creating a vision board that helps represent your life one year from now. Using a poster board or frame, find pictures in magazines, the internet, etc. that represent how you feel, and create a collage on this vision board. Place this board near you so you can continually align your feelings with your actions and interactions to create this new way.

## Lesson 5: Personal Focus

This lesson is important as it focuses on your own pattern of experiencing something in your life, having an emotional response, your brain's reaction to your emotion, and then how you act outwardly as a result.

### **Reflection Questions**

Are you consciously aware of situations in your life that you feel protective of yourself; perhaps not sharing important information about yourself or your feelings or even avoiding something as it feels too threatening?

What is the situation, and what emotion do you feel right away?

Does this situation remind you of something, so you feel more vulnerable or protective?

Are there easily identifiable times in which you feel defensive around certain people? Jot down some notes about who those people are, and what they represent for you.

Where do you feel that emotion in your body?

What do you do today to manage that feeling?

As you've become aware of your own feelings more through this journey, how might you consider changing this management of your feelings, to something that feels more appropriate for you now?

Do you have people in your life that you observe spend time in the Actor Self?

Who are they?

How do you know they are in their Actor Self? What specific actions do you observe?

As we learn to observe rather than judge ourselves and others, what do you think is the root cause that makes this person act this way? Can you see them in a compassionate way rather than a judgemental way?

Can you empathize with them – perhaps even recognize a bit of yourself in them?

**Want to work on this more? Here's an activity to further your learning:**

This week, choose five people to observe that you know fairly well. List them here:

As you consider the difference between the Authentic Self and the Actor Self, how do each of these people behave when they are in each mode? How do you FEEL about each person; as you see them switch back and forth?

As you observe these people over the next several days, what are you learning about your OWN feelings and thinking patterns? Do you recognize yourself in any of their actions? If YES, what do you recognize?

If you were to make one modification about yourself after this lesson, what might it be?

## Lesson 6: Environmental Feels

After watching Lesson 6, do you recognize how your own energy creates your environment, either in full or in part?

How would you describe your work environment?

What aspects do you enjoy, and why?

What aspects do you find challenging, and why?

How are you energetically or physically “being” in the above scenarios that add to the environmental feels? In other words, can you see a link between what you are already “looking for” around you, and what you actually see?

How would you describe your home environment?

What aspects do you enjoy, and why?

What aspects do you find challenging, and why?

How are you energetically or physically “being” in the above scenarios that add to the environmental feels?

As you learn to become more aware of how your own energy creates your environment, what is it you'd like to modify today?

How would that modification serve you?

# Lesson 7: Coming Home

We hope you've found The Self Awareness Journey helpful and that you've noticed a shift in your own awareness.

Let's Recap what we've covered:

- Lesson 1 – The overall Self Awareness Journey Roadmap
- Lesson 2 – Triggers – personal hot buttons that affect us
- Lesson 3 – Feelings (Starting with inside – how everything links to our true source self)
- Lesson 4 – The Authentic v. Actor Self (How those feelings SHOW outside of us through our lens of judgment or awareness)
- Lesson 5 – Personal Focus (How we spend our time – our external activities)
- Lesson 6 – Environmental Feels (How our MIND frames ALL experiences)

Certainly there is no order of importance – some lessons resonated with you more than others.

Coming Home is the overall process for you to continually, daily, moment by moment – work on having more and more awareness.

**Reflect:** What are my feelings right in this moment, and what was I thinking that got me here and feeling this way?

**Refocus:** If these are not pleasing feelings, I will refocus to more general thoughts, ask myself some general questions that are more soothing. I know I can't go to the opposite extreme (super happy in the moment), but I can bring myself to a more neutral thinking pattern that calms me down).

**Remember:** My body gives me cues constantly about my thoughts and feelings. Remember to check in with how I am feeling physically so I may gently guide my way back to my centered Authentic Self as I know everything always works out for me.