

A HIGHER SELF YOGA  
WORKBOOK

# Self Awareness: 30 Day Challenge

Cultivate the awareness  
that makes all growth possible.



# **Before we grow, we must see. Before we awaken, we must know ourselves.**

Every journey of transformation begins with the ability to see ourselves clearly. Before we can grow, evolve, or align with our highest purpose, we must first become intimate with our inner world—our thoughts, emotions, habits, and deeper truths. This workbook is your guide through that process, a journey that offers daily reflections, meditations, and embodied exercises designed to help you reconnect with your Higher Self, your truest possible mirror.



# The Next 30 Days

**Day 1:** Defining Self-Awareness

**Day 2:** Setting Intention

**Day 3:** The Trifecta of Self-Awareness

**Day 4:** Noticing is Half the Battle

**Day 5:** Tacking Our Defenses

**Day 6:** In the Moment Application

**Day 7:** A Quick Sonic Treat

**Day 8:** Practicing Our Response (Part One)

**Day 9:** Staying Motivated

**Day 10:** Exploring Your Relationship to Curiosity

**Day 11:** Full Body, Full World

**Day 12:** Concluding Curiosity

**Day 13:** Clarity, Meet My Friend Compassion

**Day 14:** A Skillful, Subtle Power

**Day 15:** Exploring Your Relationship to Gentleness

**Day 16:** Gentleness in the Body

**Day 17:** Practicing Our Response (Part Two)

**Day 18:** Meeting Our Defaults with Gentleness

**Day 19:** Pause, Connect, Touch Intention

**Day 20:** Reflecting with the Higher Self – Closing Our Week on Gentleness

**Day 21:** Understanding Your Relationship to Courage

**Day 22:** Practicing Our Response (Part Three)

**Day 23:** The Felt Sense of Courage – Lion's Roar Pose

**Day 24:** Mindfulness vs. Awareness – What's the Difference?

**Day 25:** Concluding on Courage

**Day 26:** Relaxing Into Your Progress

**Day 27:** Practicing Our Response, All Parts

**Day 28:** Returning to the Meditation – What Shifted?

**Day 29:** A Conversation with Your Higher Self

**Day 30:** Completion and Continuation

# Stay On Track

Commit to 30 days of uninterrupted challenges!

Fill in a star for each day that you complete a challenge.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

# Day 1: Defining Self Awareness in 3 Ways

- 1. Self-awareness is often defined as the ability to observe your thoughts, emotions, and behaviors—but in Higher Self Yoga, it becomes something much deeper.** It's about turning inward with sincerity and curiosity to understand the why beneath your patterns, choices, and reactions.

Ideally, it is a tool that allows us to be a witness to our inner world without judgment, create space for clarity, healing, and transformation.

- 2. True self-awareness is both reflective and receptive.** It requires us to be honest about our conditioning, our triggers, and our unconscious motives—but it also asks us to remain open to the unknown parts of ourselves. Rather than labeling emotions or rushing to solve what's uncomfortable, Higher Self Yoga teaches us to sit with our inner landscape and listen.

There is room for growth when deeper awareness provides insights into a subtler, more intuitive knowing that gives us access to our patterns, potential, and growth points.

- 3. When we begin to see self-awareness not as an end goal, but as a lifelong practice of aligning with our Higher Self, its potential expands.** It becomes less about controlling our reactions and more about uncovering who we truly are beneath layers of fear, ego, and habit.

Imagine being able to hold challenges with compassion and clarity. Imagine having the power to move from reactive and fragmented to intentional and whole.

### Your Turn

How do you currently define self-awareness? If you could expand that definition, what would you add to make it feel more whole, more you?

# Day 2: Setting Intention

We can expand our understanding of intention by thinking of it as a quiet, steady alignment with our Higher Self. Intention are not prescriptive but deeply personal inner commitment that anchors our energy in purpose.

Lets do a quick, three-part intention setting practice to guide us in our personal intention around building self-awareness:

✦ **Part One:** *Simply call on what has motivated us to begin.*

This could be a felt-sensation in the body, the memory of a feeling, a conviction of the heart, a movement in our mental body. Whatever yours is, find it and hold it.

✦ **Part Two:** *We become clear on our purpose.*

What is the material growth point for us to integrate into a more evolved version of ourselves. You don't need to use verbal words, but can instead hold a vision or feeling of yourself grasping a full understanding of where you would like to be once your have achieved your purpose.

✦ **Part Three:** *We apply our determination to this goal.*

You must feed your intention like you would a beloved creature dependent on your care. Its food is your will power, your dedication, and your confidence to succeed.

# Day 3: The Trifecta of Self Awareness

Self-awareness is not about self-criticism—it's about learning to observe yourself with openness, kindness, and a willingness to grow.

Let's consider the material that generates self-awareness like we would a recipe we were brewing to feel more awake, aware, and alive. Here are your ingredients and the steps for putting it all together:

## Curiosity, Gentleness, and a Little Bit of Courage

**Curiosity:** The first step is to notice your behaviors and responses— but the trick is to do so not with judgment, but with curiosity.

**Gentleness:** Easier said than done? When judgement persists, try applying gentleness. When you encounter an uncomfortable self-truth you'd like to change, shift your energy towards exploration. Treat yourself less like you are in a courtroom, and more like you are in the open world of your being, mapping your territory.



**Courage.** Facing ourselves honestly takes bravery. There's no shortcut here other than the sanity that comes with acknowledging that is a difficult task. The work of refining our nature is often depicted as a knight slaying a dragon for a reason—it requires strength and sincerity. One tip, call on your intention to motivate your courage - let it be the guiding force that smooths out the inevitable discomfort of self-reflection.



### Your Turn

How does this formula for self-awareness sound to you?  
Add any other virtues that support you below.

# Day 4: Noticing is Half the Battle

You've set your intention and named your motivation—now let's commit to **noticing** in everyday life. Today, we take it one step further: *noticing how we respond when opportunities for growth arise.*

Uncomfortable emotion? Unexpected reaction?  
A moment of tension or reactivity?



✦ **Pause.**

✦ **Notice what comes up in response**  
–without judgement.

✦ **Ask yourself: Am I distracting, defending, or depressing this experience?**

Just naming your go-to response is a powerful moment of clarity. It's not about fixing it—it's about learning to see it clearly, kindly, and consciously.

### Your Turn

What came up for you when you slowed down today? Did you notice a default response that's ready to be witnessed—rather than acted out?

# Day 5: Tackling Our Defenses

## When Growth Knocks, How Do We Answer?

There's a sacred moment—maybe fleeting—when you feel the discomfort of a reaction, a pattern, or a limitation... and you *notice it*. That alone is a win.

Awareness is happening. Pause here to take a quick victory lap but when you come back around, keep going!

- 1. Distract:** We reach for anything to avoid sitting with the feeling—our phone, a task, a snack, a scroll.
- 2. Depress:** We push the insight down, convincing ourselves it's not important or that we're imagining things.
- 3. Defend:** We protect the ego by justifying the behavior or blaming someone else.

## Not Failure, Process.

This isn't a failure—it's just part of the process. But when we can see these responses, we can shift them. That's where our self-awareness trifecta comes in: **curiosity, gentleness, and courage**. Let curiosity explore what's coming up, let gentleness hold the discomfort, and let courage walk you through it.

### Your Turn

What's one way you tend to respond when a moment of growth presents itself? How might curiosity, gentleness, or courage support a new way forward?

# Day 6: In the Moment

Yesterday we covered the make-up of self-awareness. Now let's take our understanding of that formula and try in the form on an in-the-moment-meditation:

Here we go! We've observed a behavior that gives us pause. Rather than distract, disengage, or defend we call upon our trifacta of self-awareness to help us grow.

## ✦ Part One: Curiosity

Begin by bringing awareness to a recent reaction, emotion, or thought pattern. Instead of analyzing or fixing it, simply observe it with curiosity. Ask yourself: What's really happening here? What is this part of me trying to express or protect? Don't rush to conclusions. Just stay present with the experience, as if you're listening to someone you love share something vulnerable.

## ✦ Part Two: Gentleness

As insights or discomforts arise, soften. If judgment creeps in, meet it with kindness. Imagine you are exploring the inner terrain of your being—not to critique, but to understand. Shift your energy from reaction to receptivity. If something feels hard to face, offer yourself the grace of compassion. You are not in a courtroom—you are in a sacred space of unfolding.

## ✦ Part Three: Courage

To face ourselves honestly is one of the bravest things we can do. In this final step, call on your intention—let it be your guide. Remind yourself that growth often comes with discomfort, but also with great reward. Ask your Higher Self for strength, and take one small step toward integration, trusting that you are supported in your effort to evolve.

# Day 7: A Quick Sonic Treat

Sometimes it can be helpful to have a little voice in our ear that guides us to evolve when the moment calls for it. Here is ours to you! A sixty-second meditation for calling on the power of self-awareness for clarity, compassion, and care.

[Click here to listen to Enhancing Self Awareness](#)



# Day 8: Practicing Our Response (Part One)

Now that we have a felt sense of self-awareness, let's call on our intention and bring these tools into your day-to-day life.

## First Stop: Curious Observation

- ✦ As you move through your day, notice when an uncomfortable feeling or reaction begins to stir.
- ✦ Pay attention to your default response—do you distract, depress, or defend? Notice it, then let it go. But hold on to the deeper desire to understand what is arising.
- ✦ Apply curiosity. When a judgmental voice comes on the scene, ask it gently to step aside. This practice isn't about fixing or judging—it's about witnessing.
- ✦ Let your intention be your guidepost, and invite your Higher Self to gently illuminate what's ready to be seen.

### Your Turn

What happens when you pause and replace judgment with curiosity? Share what you noticed or how it felt to practice your response today.



# Day 9: Staying Motivated

While we continue to work on our practice of replacing judgment with curiosity, let's stay motivated with a resource that reminds us of the power we are developing as we grow.

## How Self-Awareness Can Unlock Your Spiritual Potential

This article focuses on how developing self-awareness bridges the gap between everyday awareness and spiritual growth, a cornerstone concept for Higher Self Yoga.



# Day 10: Exploring Your Relationship to Curiosity

How is your application of curiosity treating you this week? Let's check in with a journal prompt. Follow these three steps in order, allowing yourself time to reflect deeply and honestly with each one. There's no need to rush—this is about observing, not solving.

## ✦ **Step One:** *Notice a Moment You Shut Down Curiosity*

Recall a recent moment when you could have explored something within yourself but didn't. Maybe it was a strong emotional reaction, a moment of self-judgment, or even a decision you made quickly without reflection. What was happening? What did you feel? What made curiosity difficult in that moment?

## ✦ **Step Two:** *Reflect on How You Typically Meet the Unknown*

When something unfamiliar, uncertain, or uncomfortable arises within you, how do you tend to respond? Do you get curious, or do you retreat into familiar patterns like defensiveness, distraction, or judgment? What does that tell you about your relationship to curiosity?

## ✦ **Step Three:** *Invite Curiosity In*

Now imagine meeting that same moment with curiosity instead. What might shift? How would it feel to say, “*That’s interesting—I wonder why I felt that way,*” rather than judging or dismissing the experience? Write down one gentle question you can ask yourself the next time curiosity starts to slip away.

# Day 11: Full Body, Full World

## Awakening Curiosity Through the Body, and Through the World

We want to be sure our felt sense of curiosity isn't just a mental one. When we engage our senses, we create space for presence, openness, and new ways of perceiving ourselves and the world around us. Today, we invite the body to lead the way!

Here are some suggestions for getting the senses going but of course if you have your favorites please see if you can make space for them today. We are keeping a gentle look out for judgment —about how you're doing it or what it "should" feel like—so if it creeps in just notice it.

Gently set it aside and return to your senses with curiosity and care.

- ✦ **Touch something textured.** A stone, a piece of fabric, your own skin. Explore it slowly. What do you feel when you really pay attention?
- ✦ **Move intuitively.** Put on music and let your body guide you. No choreography, no rules. Just ask: *What movement wants to come through right now?*

- ✦ **Smell something deeply.** An herb, a spice, essential oil, a flower. Breathe it in fully. What does the scent evoke in you?
- ✦ **Spend time outside.** Even five minutes. Close your eyes and take in the sounds, the air on your skin. What small details surprise you?
- ✦ **Eat something slowly.** One bite at a time. Notice texture, taste, scent. How does slowing down change your experience?

## Your Turn

What did you notice when you approached your senses with curiosity today? Did one sense open more easily than another? What did this teach you about being present and receptive?

# Day 12:

# Concluding Curiosity

As we conclude our week of exploring **curiosity**, let's take a moment to connect with our Higher Self to reflect on our journey and set an intention for the upcoming week, where we'll delve into the theme of **gentleness**.

## Exercise: Dialogue with Your Higher Self

- 1. Find a Quiet Space:** Sit comfortably in a peaceful environment. Close your eyes and take several deep breaths, allowing your body and mind to relax.
- 2. Connect with Your Heart Center:** Gently focus your attention on the center of your chest, the seat of your heart chakra. Imagine a warm, radiant light glowing in this area, symbolizing your connection to your Higher Self.
- 3. Invite Your Higher Self:** Welcome the arrival of your Higher Self. This may appear as a figure, a light, or simply a feeling of warmth and wisdom.
- 4. Reflect on Your Week:** In this connected state, mentally revisit the past week. Observe moments when you embraced curiosity. Ask your Higher Self:
  - What lessons have I learned through my curiosity this week?
  - How can I retain and expand these experiences to contribute to my personal growth?

- 5. Seek Guidance for Gentleness:** Now, turn your attention to the upcoming week focused on gentleness. Inquire:
  - How can I embody gentleness towards myself and others?
  - What intention should I set to cultivate this quality in my daily life?
  
- 6. Listen and Receive:** Remain open to any insights, feelings, or images that arise. Your Higher Self communicates in various ways; trust the messages you receive.
  
- 7. Express Gratitude and Journal:** Thank your Higher Self for its guidance. Gently bring your awareness back to the present moment. Open your eyes and take a few moments to journal your reflections, capturing any insights or intentions that emerged during the exercise.

### Your Turn

After completing this exercise, share one insight you gained about your relationship with curiosity and the intention you're setting as we move into our week of gentleness. Your reflections can inspire and support others on their journey.

Supportive text for this work:

[How the Higher Self Appears to You and Why](#)

# Day 13: Clarity, Meet my Friend Compassion

Now that we've cultivated a felt sense of self-awareness and practiced responding with curiosity, we're ready to welcome the next companion on the path: **gentleness**.

Gentleness is easy to talk about, but harder to embody—especially when we're facing parts of ourselves we'd rather not see. When judgment persists or self-criticism arises, try applying gentleness.

*This doesn't mean avoiding the clarity; it means welcoming compassion in with our clear seeing. When you encounter an uncomfortable self-truth you'd like to change, shift your energy from self-correction to exploration.*

You're not in a courtroom—you're in the open world of your being, mapping your inner landscape. Gentleness is the energy that helps you stay curious, open, and connected while doing this deep work.

## Let's revisit our steps so far:

- ✦ As you move through your day, notice when an uncomfortable feeling or reaction begins to stir.
- ✦ Pay attention to your default response—do you distract, depress, or defend? Notice it, then let it go. But hold on to the deeper desire to understand what is arising.

- ✦ Apply curiosity. When a judgmental voice comes on the scene, ask it gently to step aside. This practice isn't about fixing or judging—it's about witnessing.
- ✦ Let your intention be your guidepost, and invite your Higher Self to gently illuminate what's ready to be seen.

### And now we add:

- ✦ **Practice gentleness.** When things get uncomfortable, soften. Speak to yourself as you would a dear friend. Let your inner dialogue be spacious, forgiving, and warm.

### Your Turn

What happens when you meet your inner experience with gentleness? Share a moment when you replaced judgment with softness—and what shifted.



# Day 14: A Skillful, Subtle Power

Let's reframe how we think about gentleness—not as passive withdrawal, but as a confident dedication whose quiet strength provides you with more clarity and more options.

## ✦ **Gentleness is not weakness—it's strength.**

We often mistake gentleness for backing down, but it's actually the act of standing tall with softness and self-possession. It takes strength of gentleness to not flee the scene when the aggression of our world—be it inside or out—takes a harsh shape.

## ✦ **It takes more skill to observe with gentleness than to react with aggression.**

Aggression is easy—it's a defense mechanism. Gentleness requires awareness, emotional regulation, and a conscious pause before you respond.

✦ **Gentleness is a tool —and that’s why it’s powerful.**

It’s hard to slow down, to stay open, and to meet discomfort with care. But when we practice gentleness —whether in how we speak, move, listen, or lead—it begins to change the tone of everything. With practice, gentleness becomes a quiet force that transforms our inner world and how we move through the outer one.

**Your Turn**

Where in your day could you try standing tall with gentleness? What shifts when you approach a situation with softness instead of force?

# Day 15: Exploring Your Relationship to Gentleness

This week, we've begun to explore gentleness as a form of strength—a practice that invites softness where we usually apply pressure, and compassion where we tend to judge. Today's challenge is about taking a closer look at your relationship to gentleness.

*Ask yourself:*

- ✦ **What assumptions do I hold about being gentle with myself?** Do I believe gentleness is indulgent, weak, or ineffective? Or do I see it as a meaningful practice of care?
- ✦ **In moments of challenge—with myself or others—do I reach for gentleness or default to a form of aggression (blame, defensiveness, coldness)?** How does that choice affect my relationships, my mood, my sense of connection?
- ✦ **What would life feel like if I applied gentleness more often?** If I softened my tone, slowed my reactions, and brought patience to my process—what would shift in how I move through the world?

**Gentleness isn't something we wait to earn—it's something we can practice now, moment by moment.**

### Your Turn

What did you discover about your relationship to gentleness through this reflection? What's one place you'd like to apply more of it this week?

# Day 16: Gentleness in the Body

Today, let's immerse ourselves in the soothing tones of the cello, an instrument renowned for its warm and calming resonance. This piece is designed to help you connect deeply with the quality of gentleness:

## Cello in Motion

This serene piece features a solo cello performance that exudes tranquility and introspection. Allow the melody to wash over you, inviting a sense of peace and softness into your day.

[Click Here to Watch the Video](#)

### Your Turn

As you listen, notice how your body and mind respond. Does the music inspire a sense of calm or introspection? Afterward, take a moment to journal or reflect on any emotions or thoughts that arose. How might this musical experience influence the way you practice gentleness with yourself and others today?

# Day 17: Practicing Our Response (Part Two)

Now that we've practiced responding with curiosity (Day Eight: Practicing Our Response [Part One]), it's time to deepen that awareness with **gentleness**. Self-awareness brings up truths—some inspiring, others uncomfortable. What we do next matters.

When a judgmental voice appears, don't push it away with more judgment. Instead, respond with care. This practice isn't about fixing or criticizing—it's about witnessing with tenderness.

Here's how to practice:

## ✦ **Step One:** *Notice the Judging Voice*

When you hear an inner voice that criticizes, rushes, or shames, pause. Label it for what it is: judgment. Become aware of its tone, its message, and how it affects your body and emotions. No need to argue with it—just name it gently.

## ✦ **Step Two:** *Shift the Energy with Gentleness*

Now, soften. Imagine speaking to yourself as you would to someone you love. Replace the judgment with a phrase like: "I see you're struggling right now—and that's okay." Let your breath deepen. Let your shoulders drop. Even the smallest shift toward gentleness can reset the entire emotional tone.

### ✦ **Step Three:** *Choose to Witness, Not Fix*

Instead of rushing to solve or change the discomfort, stay present with it. Observe the feeling or reaction with openness. Ask your Higher Self to help you hold the moment with compassion. Gentleness gives us the patience to listen deeply—and in that listening, we often find clarity.

#### Your Turn

What happens when you meet judgment with gentleness instead of resistance? Share a moment when this shift helped you respond more skillfully—or how you're planning to try it today.

# Day 18: Meeting Our Defaults with Gentleness

You've noticed it—that sacred, often fleeting moment when a reaction rises and you catch it (*Day Four: Noticing is Half the Battle*). That spark of self-awareness is a victory in itself. But what happens next is just as important.]

Often, we unconsciously respond to growth with one of these three patterns:

## ✦ Distract

We reach for anything—our phones, a task, a snack—to avoid sitting with what's uncomfortable.

**Gentleness says:** *"You don't have to run. You're safe here."*

Try pausing for one full breath before reaching for something. Gently name the feeling and give yourself permission to simply be with it.

## ✦ Depress

We push the insight down, minimize it, or tell ourselves we're imagining things.

**Gentleness says:** *"What you feel matters. Let's stay with it, just for a moment." Just noticing is enough.*

Instead of brushing it off, place a hand over your heart or body and acknowledge the discomfort with care. Just noticing is enough.



## ✦ **Defend**

We explain it away, blame someone else, or justify our reaction to protect the ego.

**Gentleness says:** *“It’s okay to feel vulnerable. You’re still growing.”*

Rather than arguing with the moment, soften your inner stance. Ask, *What’s beneath this defense? What part of me needs tenderness right now?*

### **Your Turn**

Which of these responses—Distract, Depress, or Defend—do you notice most often? How might gentleness help you shift your pattern today? Share your reflections below.

# Day 19: Pause, Connect, Touch Intention

You're more than halfway through this journey! That in itself is something to honor. Now, let's take a moment to reconnect with the intention that brought you here—and nourish it for the final stretch ahead.

## ✦ **Part One: Remember What Moved You to Begin**

What first stirred you to say yes to this journey? Was it a longing? A moment of clarity? A quiet pull toward growth? Let that memory or sensation return. Don't overthink it—just feel it, and hold it close.

## ✦ **Part Two: Reclarify Your Purpose**

In the space between who you were and who you're becoming, what is asking to be integrated? Is there a pattern softening? A perspective shifting? Let yourself envision what it would feel like to live more fully in alignment with that growth. What does that version of you move like, think like, feel like?

## ✦ **Part Three: Feed the Flame**

Your intention is alive—it needs nourishment. It's a sacred force that relies on your attention, your will, your belief. Speak to it. Reaffirm it. Offer it your dedication. Even in moments of doubt, especially in moments of doubt, this is where transformation deepens.

### Your Turn

What is your intention asking of you now, here at the 2/3 mark? How can you tend to it with care, commitment, and renewed energy? Feel free to share your reflections—we're walking this path together.

# Day 20: Reflecting with the Higher Self – Closing Our Week on Gentleness

As we complete our week of practicing **gentleness**, let's take time to connect with the Higher Self—the inner wisdom that has quietly guided you through discomfort, softness, and growth. This is a moment to pause, integrate what you've learned, and prepare to carry your intention forward.

## **Exercise: Dialogue with Your Higher Self**

### ✦ **Find a Quiet Space**

Sit comfortably in a peaceful environment. Close your eyes and take several deep breaths, allowing your body and mind to relax.

### ✦ **Connect with Your Heart Center**

Bring your awareness to the center of your chest. Imagine a warm, steady light radiating from your heart—the space where your Higher Self resides. Let this light expand and fill your being.

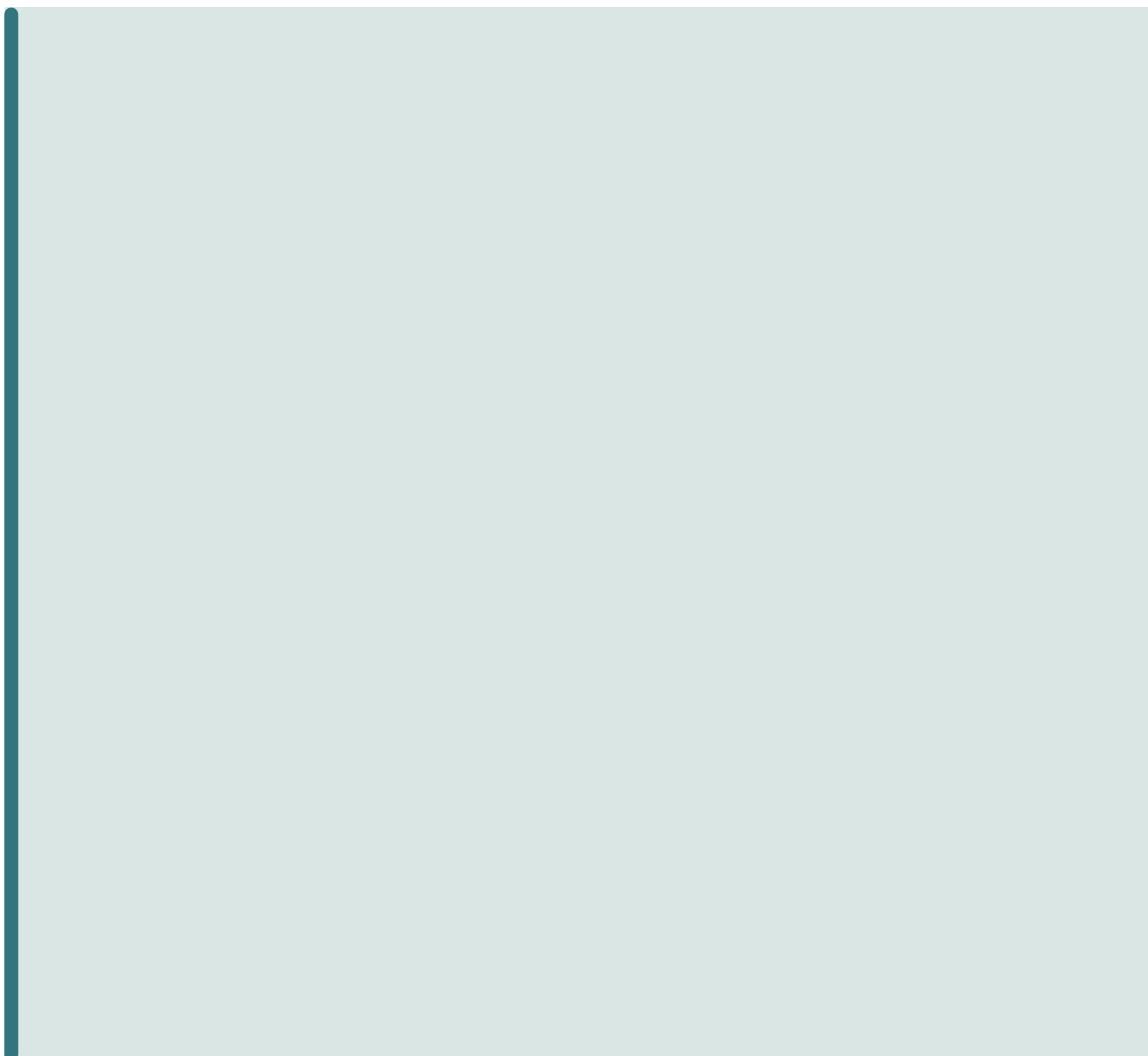
✦ **Invite Your Higher Self**

Welcome the presence of your Higher Self. It may appear as a gentle light, a wise inner voice, or simply a felt sense of calm and love. Trust how it shows up for you.

✦ **Reflect on Your Week of Gentleness**

From this connected space, revisit the past week. Ask your Higher Self:

*What have I learned about gentleness—  
both in how I give it and how I receive it?*



# Day 21: Understanding Your Relationship to Courage

The final trait in our self-awareness journey is **courage**—the strength to face ourselves honestly, even when what we see is uncomfortable, messy, or raw. This kind of courage isn't loud. It doesn't always look like bold action. Sometimes, it's as quiet as telling the truth to yourself. Sometimes, it's simply *staying present* when you'd rather shut down.

Facing ourselves honestly takes bravery. There's no shortcut here—just the sanity that comes from admitting this work is hard. The process of refining our nature is often symbolized as a knight slaying a dragon for a reason: it requires both strength and sincerity.

But remember—you're not doing this alone. Your intention, your Higher Self, and the tools you've cultivated through curiosity and gentleness are all here to support you.

## Journal Prompts - Connect with Your Higher Self, and take time to explore each question slowly:

- When in your life have you acted with quiet courage? What made that moment significant?
- What part of your inner world feels hardest to face right now? Why?
- What fears tend to arise when you're asked to look inward with honesty?
- What does courage look like for you today—not in theory, but in practice?
- How might calling on your intention give you strength to stay with the discomfort?

### Your Turn

What did you learn about your relationship with courage through these reflections? Is there one area of your life where you're ready to bring more of it in? Feel free to share below—we're walking this path together.

# Day 22: Practicing Our Response (Part Three)

Over the last two weeks, we've explored how to meet our inner experiences with curiosity and gentleness—two powerful tools for navigating discomfort without judgment or avoidance.

But there's one more ingredient that helps us move from observation to transformation: courage.

Courage is what allows us to stay with what we've uncovered. To face the deeper truths. To take responsibility without shame. And to choose growth, even when it's hard.

Here's how to bring courage into your daily practice of self-awareness:

## ✦ **Step One:** *Acknowledge What's Difficult to Face*

When you notice something within you that feels hard to look at—whether it's a reaction, a behavior, or a pattern—name that feeling. *Naming a thing takes away its power.* Say quietly to yourself, *"This is hard to see, and I'm willing to stay with it."* Awareness is the first act of courage.



## ✦ **Step Two:** *Reflect on How You Typically Meet the Unknown*

When something unfamiliar, uncertain, or uncomfortable arises within you, how do you tend to respond? Do you get curious, or do you retreat into familiar patterns like defensiveness, distraction, or judgment? What does that tell you about your relationship to curiosity?

## ✦ **Step Three:** *Invite Curiosity In*

Now imagine meeting that same moment with curiosity instead. What might shift? How would it feel to say, “*That’s interesting—I wonder why I felt that way,*” rather than judging or dismissing the experience? Write down one gentle question you can ask yourself the next time curiosity starts to slip away.

### Your Turn

What does courage look like in your inner world today? Share one moment when you chose to stay with something instead of turning away—or one way you want to try. We’re in this together.

# Day 23: The Felt Sense of Courage - *Lion's Roar Pose*

Courage isn't just a mindset—it's a *felt experience*. Today, we invite you to move courage from concept into sensation through the bold and expressive practice of **Lion's Roar (Simhasana)**.

This pose invites you to release tension, claim space, and express yourself fully—*without worrying how you look*. It's a rare moment where we get to distort the face, open the mouth wide, and *let something out*—a practice that's both energizing and freeing. When we roar, we don't perform. We release. We own our inner power.

## How to Practice Lion's Roar

You can try this pose in two ways—**seated** or on **all fours**.

### ✦ **Option One: Seated**

- Sit comfortably on your heels (or cross-legged), hands resting on your knees.
- Spread your fingers wide like lion's claws.
- Inhale deeply through the nose.
- As you exhale, **open your mouth wide, stick your tongue out as far as it will go**, stretch your face, and let out a loud "haaaa!" from the belly.
- Let your face distort, your breath grow powerful, your sound be unfiltered.
- Gaze slightly upward or toward the third eye.
- Repeat 3–5 times. Then sit quietly and notice what's shifted.

## ✦ **Option Two: On All Fours**

- Come to tabletop (hands under shoulders, knees under hips).
- Root your hands into the ground and spread your fingers wide.
- Inhale deeply.
- As you exhale, **let your tongue stretch, your eyes widen, and your roar rise.**
- Option to lift your tailbone slightly for more activation.
- Repeat 3–5 times, then rest in Child’s Pose and breathe into the afterglow.

## **Feel the Shift**

Lion’s Roar isn’t about looking composed—it’s about feeling alive. It asks: *Can I be seen, heard, and fully expressed—without apology?*

After practicing, pause and reflect:

- **Where in my body do I feel courage?**
- **Where do I feel resistance to courage?**
- **What did it feel like to let go of how I appear?**
- **What did my roar release? What did it awaken?**
- **How can I carry this energy into my next act of self-honesty or bravery?**

## Your Turn

What surprised you about this practice? Did your courage shift when your body was allowed to lead? Share your experience, even if it was wild, weird, or wonderful—we're here for all of it.

# Day 24: Mindfulness vs. Awareness - What's the Difference?

Throughout this journey, we've been cultivating self-awareness—but what's the difference between **awareness** and **mindfulness**? Are they the same? Does one come before the other? Can we have one without the other?

These two terms are often used interchangeably, but they actually refer to different—but complementary—qualities of consciousness. Understanding this subtle difference can deepen your meditation practice, sharpen your inner observation, and help you relate more wisely to your thoughts and emotions.

- ✦ **Awareness** allows us to observe.
- ✦ **Mindfulness** helps us stay connected to what we're observing.



When we learn how they work together, we gain insight not only into the landscape of the mind—but how the mind operates.

Read more here:

[Mindful vs. Awareness: What's the Difference?](#)

# Day 25: Concluding on Courage

Today, we conclude our study of **courage** not with reflection—but with action.

Courage isn't something we wait to feel—it's something we practice in small, meaningful ways. Whether it's saying what you really mean, facing a long-avoided task, or choosing to stay with an uncomfortable emotion just a few seconds longer... courage is available to us all day long.

## ✦ **Your Challenge:**

Be Brave in one real-life moment today.

Not dramatic. Not performative. Just honest. It could look like:

- Speaking up when you'd usually stay quiet or holding space without having to speak
- Asking for help
- Admitting a limitation without self-judgment
- Holding a boundary
- Sitting with a difficult emotion instead of pushing it away
- Telling yourself the truth about what you really want

It might feel small from the outside—but that's not the point. What matters is that it feels bold to you.

## Your Turn

What was your moment of courage today? How did it feel in your body, your heart, your mind? Share below—and don't forget to take a moment to honor yourself. You're doing brave, beautiful work.

# Day 26: Relaxing Into Your Progress

You've shown up. You've practiced awareness, curiosity, gentleness, and courage. And while the journey is still unfolding, today is an invitation to pause and say: thank you—to yourself.

## ✦ **Today is not for striving. It's for honoring.**

*Honor the moments you leaned in.*

*Honor the effort it took to notice.*

*Honor the quiet progress that only you can feel.*

## **Today's Practice: Celebrate + Soften**

### **1. Celebrate Your Progress**

Take a moment to name one way you've grown. It might be subtle. It might be quiet. But it's real. Celebrate it—not for perfection, but for presence.

### **2. Be Grateful to Your Self**

Place a hand on your heart. Breathe. Whisper a quiet thank you. You are the one who chose to begin. You are the one who continues to return.



### 3. Forgive What Fell Short

If there were moments when you didn't show up the way you hoped—meet them with grace. Growth isn't linear. Release the pressure to be perfect, and offer yourself compassion instead.

### 4. Connect to Your Higher Self

Finally, close your eyes and call on your Higher Self. Ask:

*What wisdom do you have for me today?*

*What's one way I can keep moving forward—gently, sincerely, and with trust?*

Let any words, images, or feelings arise. Breathe them in. Let them land.

## Your Turn

What are you celebrating today? What has this journey revealed about your strength and sincerity? If you feel called, share one insight or word of encouragement with the group. You've come so far.

# Day 27: Practicing Our Response (All Parts)

Over the past few weeks, we've been building something steady and strong—a way of meeting ourselves with more clarity, care, and integrity. Today, we bring it all together.

**Practicing our response** means creating space between the stimulus and the reaction—then choosing to fill that space with something meaningful.

Not habit. Not fear. But awareness.

When discomfort, conflict, or strong emotion arises, here's your three-part path forward:

## ✦ **Step One:** *Curiosity*

Pause. Notice what's happening.

*Ask: What am I feeling? What's underneath this reaction?*

Instead of judging or analyzing, simply observe. Let your curiosity be open and compassionate. You are learning the landscape of your inner world.

## ✦ **Step Two:** *Gentleness*

Soften. Breathe.

Speak to yourself as you would a beloved friend.

If judgment arises, meet it with kindness. This is not about fixing—it's about *witnessing with love*. Gentleness allows you to stay present, even when things feel uncomfortable.

## ✦ **Step Three: Courage**

Stay. Don't turn away.

Let your intention be your guide and take one small, honest step forward. Maybe it's naming a truth. Maybe it's making a different choice. Maybe it's just staying present for a few breaths longer. That's courage.

Each of these steps supports the others. Together, they form a grounded, flexible way of relating to yourself with integrity and care—one that deepens self-awareness, moment by moment.

### Your Turn

Think back to a recent moment when you used one—or all—of these tools. What shifted for you? What does this full practice make possible in your day-to-day life? Feel free to share how this framework has supported you on the path.

# Day 28: Returning to the Meditation - What's Shifted?



You've come a long way. Through awareness, curiosity, gentleness, and courage, you've practiced meeting yourself with intention and care.

Today, we return to the **guided meditation** we began with—this time, not to learn something new, but to *witness what has changed*.

## Revisit the meditation:

[Click here to listen](#)

As you listen and settle in, ask yourself:

- **Does this meditation feel different now than when you first tried it?**
- **Is your attention steadier? Your breath softer? Your presence deeper?**
- **Are you hearing the words differently? Feeling your body differently?**

**This isn't about trying to achieve anything—it's about noticing. Subtle shifts. New space. Familiar truths that now land a little deeper.**

## Your Turn

What did you notice this time around? What surprised you? Feel free to share a reflection, a feeling, or even just a word that captures your experience today.

# Day 29: A Conversation with Your Higher Self

As we approach the close of this journey, let's take a moment to pause, breathe, and reconnect with your Higher Self—the wise, loving, and ever-present guide within you.

You've done meaningful work. Now, allow your Higher Self to help you gather your insights and clarify where to go from here.



## Guided Reflection: Dialogue with Your Higher Self

- 1. Find Stillness**  
Settle into a quiet, comfortable space. Close your eyes. Let your breath soften. Place your attention on your heart center and imagine a warm, steady light glowing there.
- 2. Invite Your Higher Self**  
Visualize or feel the presence of your Higher Self—this may come as an image, a feeling, a voice, or simply a sense of calm awareness. Welcome it in.

### **3. Ask the Following Questions, One at a Time**

Pause after each one. Listen without expectation. Trust what arises.

- What have I learned over the past few weeks?
- How can I retain and integrate what I've learned into my everyday life?
- How can I stay motivated to keep growing, even when the path feels unclear or challenging?
- Where are my areas of opportunity to expand more fully into who I am becoming?

### **4. Listen and Receive**

You may receive clear answers—or simply a feeling, an image, a phrase. Let it come naturally. There's no need to force clarity. The wisdom will meet you where you are.

### **5. Give Thanks and Journal**

When you feel ready, thank your Higher Self. Take a few moments to write down what came through—insights, sensations, intentions, or questions you want to carry forward.

## Your Turn

What did your Higher Self reveal to you today? Feel free to share a piece of insight, encouragement, or direction that arose from your reflection. We grow stronger when we share our inner wisdom.





# Day 30: Completion and Continuum

**You've arrived.** Thirty days of showing up—with curiosity, gentleness, and courage. Thirty days of practicing self-awareness, listening to your Higher Self, and choosing presence over pattern. Whether your steps were steady or uneven, you stayed with it. That matters.

But this is not the end.

Self-awareness isn't something we check off—it's a lifelong path. What you've built here is a foundation: a deepened ability to notice, to soften, to face yourself with honesty and strength. These tools don't disappear after today. They live within you now.

## ✦ Sealing our Practice

Your turn: As you close this chapter, take a moment to reflect:

- What are you most proud of from this journey?
- What practice do you want to carry forward?
- What has your Higher Self revealed about the person you are becoming?

**Gentleness says:** *"You don't have to run. You're safe here."*

Try pausing for one full breath before reaching for something. Gently name the feeling and give yourself permission to simply be with it.

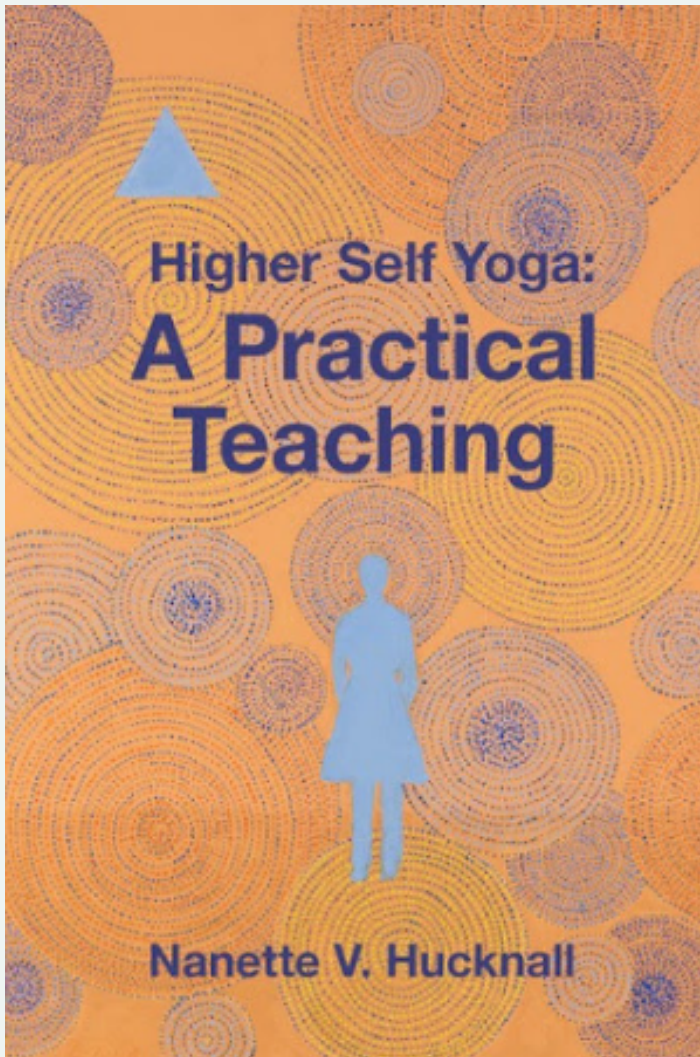
# Congrats!

You've completed the 30-day Challenge and we hope you feel closer than ever to your Higher Self.

For additional resources, visit [HigherSelfYoga.org](https://HigherSelfYoga.org), where free meditations, classes, and helpful articles are waiting for you!

For one-on-one support, consider the Higher Self Yoga Coaching Program. The first consultation is free of charge!





The material for this workbook is from Higher Self Yoga: A Practical Teaching by Higher Self Yoga Founder Nanette V. Hucknall.

To see this and more of Nanette's work, [visit her site:](http://NanetteVHucknall.com/library)  
NanetteVHucknall.com/library

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Nanette V. Hucknall is a recognized authority on relationships, healing psychological wounds, overcoming obstacles and self-empowerment. She is an award-winning author, teacher, trained psychotherapist, career counselor and painter. Through her books, classes, lectures, and retreats, she has deepened the lives of hundreds of spiritual practitioners.