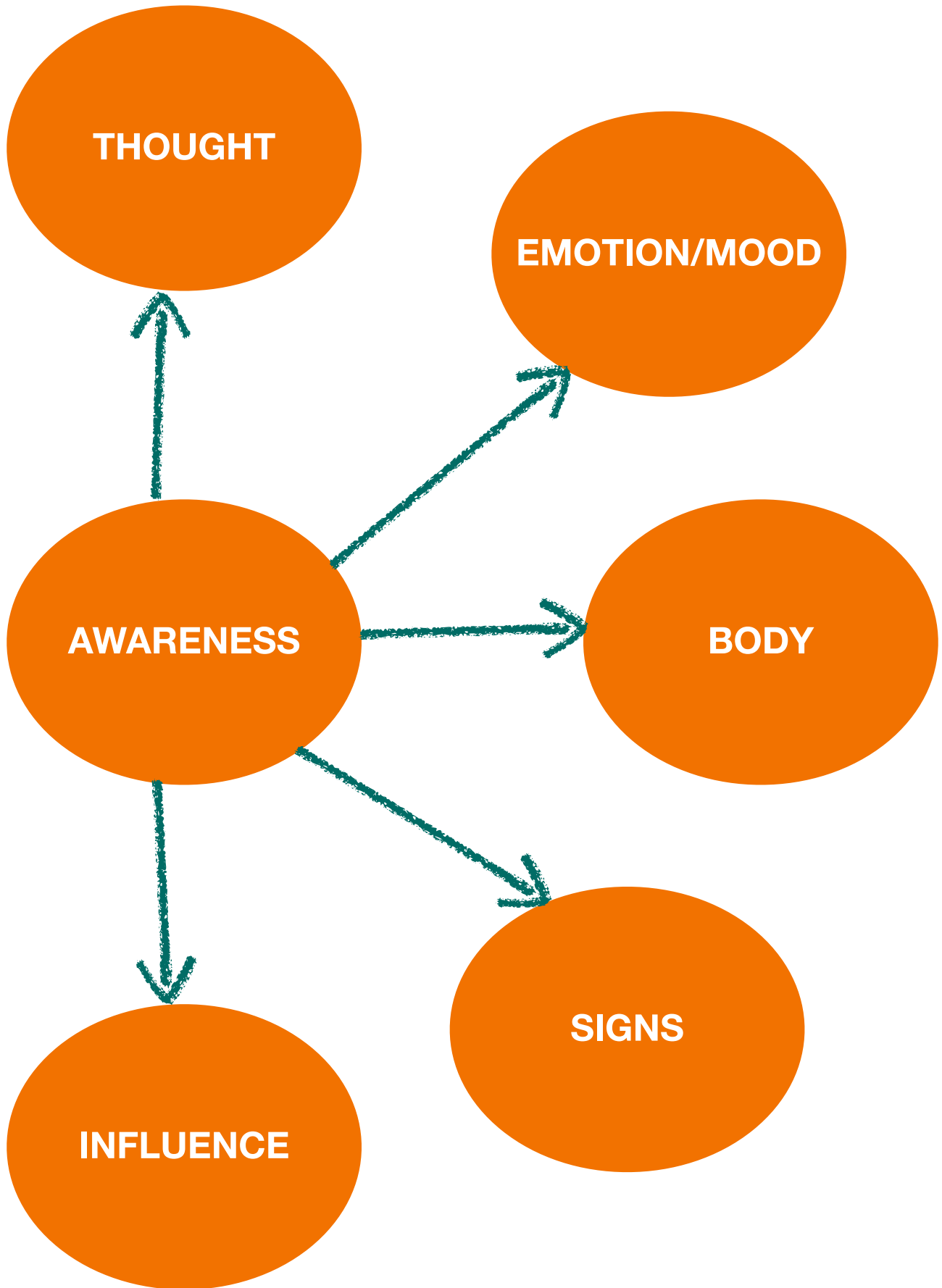


### CREATE AWARENESS TO BEGIN TO HEAL



## **AWARENESS IS THE FIRST STEP OF HEALING**

### **You'll need:**

A Journal

Quiet Time each day for 10 minutes

### **Process:**

Bring your consciousness to the awareness of the 5 different aspects of yourself throughout the day.

At the end of the day, write in your journal how you felt about each of the areas throughout the day.

- What thoughts were you aware of?
- How did they make you feel?
- Did you feel them in your body? If so, where?
- Were there any signs that you noticed?
- What were the influences of others you noticed or didn't notice until later?

All you're doing at this stage is noticing what's going on and how it's connected. There is no need to change anything. Just notice and document it.

### **Hint:**

If you find that you're not noticing much by the end of the day, set an intention in the morning that you will be aware and bring to your conscious attention what the connections are in your thoughts and emotions for the day.

### **Remember:**

Be gentle with yourself. This isn't a judgment exercise. It's an awareness exercise. So have fun with it, you'll get better at this the more you practice.