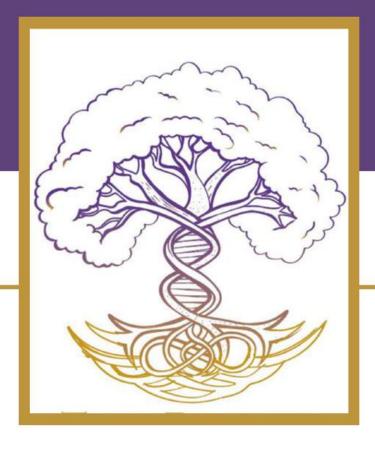
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CULTIVATING SELF AWARENESS

WORKBOOK



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ABOUT THIS WORKBOOK

The Cultivating Self-Awareness Workbook is designed to help you explore key aspects of yourself—physical, energetic, mental-emotional, intuitive, and authentic. Through structured prompts, it encourages honest reflection to better understand how each aspect influences your life.

This workbook focuses on practical selfawareness. Take your time with each section, and approach the prompts thoughtfully. The goal is to help you gain clarity, recognize patterns, and strengthen your overall sense of self.

By working through this process, you're building a strong foundation for intentional personal development. Consistent reflection will enhance your ability to navigate life with greater self-understanding and confidence.

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EXPLORING CURRENT SELF AWARENESS

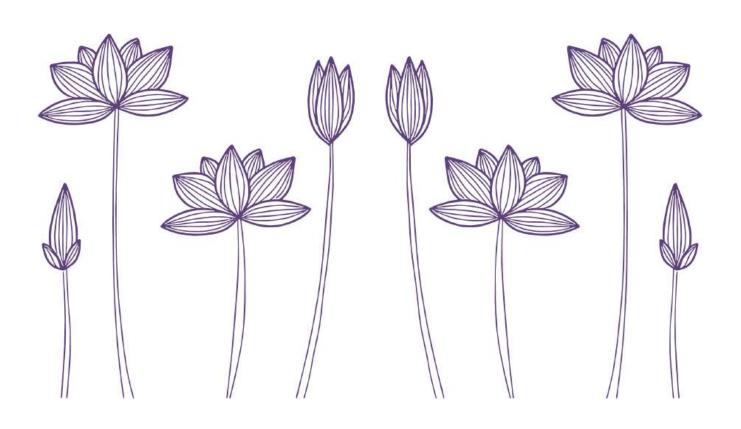
Understanding your current level of selfawareness is an essential first step. By
assessing how in-tune you are with your
body, mind, emotions, and energy, you gain
insight into where you are and where growth
may be needed. This reflection helps
identify patterns you may not have noticed
and highlights areas where you can deepen
your awareness.

This section invites you to reflect on each layer. How aware are you of what's happening, and do you understand why? Consider how these layers interact and influence your experiences. Taking a moment to explore this will set a clear starting point as you move through the workbook.



BODY AWARENESS				
NERGY AWARE	NESS			

MIND/EMOTIONAL AWARENESS				
NTUITI	VE AWAI	RENESS	6	



BUILDING PHYSICAL SELF AWARENESS

This section focuses on exploring your physical awareness. By reflecting on your connection to your body and how it responds to your environment, you begin to develop a deeper understanding of your physical self.

Consider how aware you are of your body's signals—whether it's tension, fatigue, or energy shifts—and how these influence your daily life. Noticing these patterns helps you respond to your physical needs with greater intention.

Take your time with these prompts, paying attention to the sensations, signals, and patterns you notice.



MET AND IF ANYTHING IS GETTING IN THE WAY. THINK OF THE BASICS HERE; FOOD, WATER, SHELTER AND OF COURSE BILLS.
,

ARE YOU LIVING IN SURVIVAL (FLIGHT/FIGHT) MODE OR WITH HIGH LEVELS OF STRESS? IF SO HOW IS THIS EFFECTING YOUR PHYSICAL BODY?		

HOW IS YOUR PHYSICAL HEALTH? DO YOU FEEL GOOD PHYSICALLY OR IS THERE SOMETHING OR THINGS THAT ARE IMPACTING YOU?		

HOW GROUNDED AND STABLE DO YOU FEEL WITHIN YOUR BODY AND WITHIN LIFE? WHAT IS CAUSING **IMBALANCES AND INSTABILITY?**

BUILDING ENERGETIC SELF AWARENESS

This section focuses on your energy awareness—how you perceive, manage, and respond to the flow of energy within and around you. Energy influences how you feel, interact, and experience the world.

Becoming aware of your energetic patterns is key to maintaining balance and protecting your well-being.

Reflect on how your energy shifts in different situations and environments. Are there specific people, places, or activities that affect your energy levels positively or negatively? Recognizing these patterns helps you manage your energy more effectively. Take your time with these prompts, paying close attentio



WHAT MOTIVATES AND DRIVES YOU? WHAT ARE YOU PASSIONS AND GAOLS? WHAT IS STOPPING YOU FROM				
REACHING THEM?				

SITATIONS, PEOPLE OR THINGS? ARE YOUR SPARKS SHORT LIVED OR SUSTAINABLE?					

ENERGY? WORK THROUGH EACH ASPECT AND EXPLORE THEIR CURRENT IMPACT - POSITIVE AND NEGATIVE.				

THE SAME AND YOUR GOALS SHOULD NEVER LOOK OR FEEL LIKE A TO-DO LIST. RELOOK AT YOUR GOALS.			
FEEL LIKE A 10-DO LIST. RELOOK AT YOUR GOALS.			

BUILDING MENTAL/EMOTIONAL SELF AWARENESS

The mind and emotions are closely linked—
thoughts shape emotions, and emotions
influence thought patterns. By working on
mental and emotional awareness together,
you gain a more complete understanding of
how these aspects affect your inner
experience.

This section invites you to reflect on your thought patterns, emotional responses, and triggers. Consider how aware you are of your thoughts and whether you understand the emotions that arise in different situations. Honest reflection will help you build mental clarity and emotional balance.



DO YOU RESPOND OR REACT? HOW REACTIVE ARE YOUR EMOTIONS AND HOW MUCH CONTROL AND AWARENESS OF THESE REACTIONS DO YOU HAVE?		

HOW YOU TR	ARE YOUR CURRENT EMOTIONS A TRUE DEPICTION OF HOW YOU TRULY FEEL OR ARE THEY OUT OF ALIGNMENT WITH WHAT IS TRULY HAPPENING?			
	TROEF HAIT ENING.			

WHAT ARE YOUR UNHEALTHY BEHAVIOURS AND PATTERNS? WHAT ABOUT EVERYDAY ADDICTIONS SUCH AS SUGAR OR SOCIAL MEDIA?

LET'S UNPACK THOSE FEARS. EXPLORE WHAT MAKES YOU MOST FEARFUL AND WHY? WHAT WORRIES YOU OR MAKES YOU PANIC AND WHERE DID THEY START?		
MARLS TOO PANIC AND WHERE DID THET START:		

WHAT IS YOUR SENSE OF SELF WORTH LOOKING LIKE? DO YOU FEEL YOU ARE WORTHY AND DESERVING OR DO YOU FEEL INSECURE OR WORTHLESS?			

EXPLORE YOUR SELF TALK. HOW ARE YOU SPEAKING TO YOURSELF AND WHAT EFFECT DOES THAT HAVE? WHAT DOES YOUR SELF TALK LOOK LIKE?		

EXPLORE YOUR SELF TALK. HOW ARE YOU SPEAKING TO YOURSELF AND WHAT EFFECT DOES THAT HAVE? WHAT DOES YOUR SELF TALK LOOK LIKE?		

BUILDING INTUITIVE SELF AWARENESS

This section focuses on your intuitive awareness—your ability to sense and trust inner knowing without relying solely on logic or external validation. Intuition often manifests as subtle feelings, gut instincts, or quiet insights that guide your decisions.

Developing intuitive awareness helps you recognize and trust these signals, especially when faced with uncertainty. By tuning into your intuition, you strengthen your connection to deeper wisdom and enhance your ability to make aligned choices.

Take your time with these prompts, reflecting on how intuition shows up for you and how often you listen to it.



HOW OFTEN DO Y INSTINCTS? DO Y				
OR RELY MORE ON LOGIC AND EXTERNAL OPINIONS.			NS.	

DO YOU FEEL A SENSE OF CONNECTION WITH YOURSELF AND OTHERS? DO YOU FEEL A SENSE OF
DISCONNECTION? WHAT COULD HAVE CAUSED THIS?

CAN YOU RECALL A TIME WHEN YOU HAD A STRONG INTUITIVE FEELING? WHAT HAPPENED WHEN YOU ACTED		
ON IT—OR IGNORED IT?		

INTUITION IS STRONGES	ST? NOTE WHAT SITUATIONS, OR	
ENVIRONMENTS ENHANCE OR DIMINISH THIS.		

BUILDING AUTHENTIC SELF AWARENESS

This section focuses on exploring your authentic self—the version of you that exists beyond roles, expectations, and external influences. Authentic self-awareness involves understanding your core values, true desires, and what genuinely matters to you.

By reflecting on your authentic self, you begin to uncover who you are at your essence. This awareness helps you live with greater integrity, align your actions with your values, and make choices that feel true to who you are. Take your time with these prompts, and approach them with honesty.



WHO ARE YOU? HOW DO YOU DEFINE YOURSELF? HOW IS THIS IMPACTED BY SOCIETY, CULTURE, TRADITIONS, FAMILY AND FRIENDS AND WHAT THEY HAVE TOLD YOU?		

WHAT ASPECTS OF YOURSELF FEEL MOST TRUE AND **UNCHANGING, REGARDLESS OF EXTERNAL INFLUENCES?**

ARE THERE PARTS OF YOURSELF YOU HIDE AROUND OTHERS? WHAT HOLDS YOU BACK FROM EXPRESSING THEM?

RULY A OURSE	RE? HOW CAN CU LF?	JLTIVATE MC	ORE OF THAT FO	R

	IDED BY AND HOW OFTEN DO TH THESE VALUES? HOW IN	
ALIGNMENT ARE YOU WITH YOUR VALUES?		
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