

Self-Awareness



S - The first letter of S.E.L.F. L.O.V.E.

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The "S" in S.E.L.F. L.O.V.E. This session opens up the power of self-awareness: the ability to see your patterns, understand your triggers, and begin to recognise the recurring stories you have been living by.

S - Self-Awareness

"Self-awareness is not self-criticism. It is simply the willingness to see yourself clearly, with curiosity rather than judgment."

Three Areas I Most Want to Transform

Name 3 areas of your life you most want to change, and what that change would look like.

Area 1:

Area 2:

Area 3:

My Three Biggest Breakthroughs

Recall 3 moments when you overcame something difficult. What did they reveal about your strength?

Breakthrough 1:

Breakthrough 2:

Breakthrough 3:

Daily Awareness Practice

Design your morning check-in and evening reflection for this week.

Morning intention (e.g. "Today I will notice when I...")

Evening reflection (e.g. "Today I noticed...")

Pattern Recognition

What is one recurring pattern in your life you are ready to understand more deeply?

Reflection Questions

1. When do you feel most like yourself? What are you doing, and who are you with?

2. What do you tend to avoid looking at about yourself, and why?

3. What story have you told yourself about who you are that may not be entirely true?

4. What one awareness will you carry with you into this week?

My Notes
