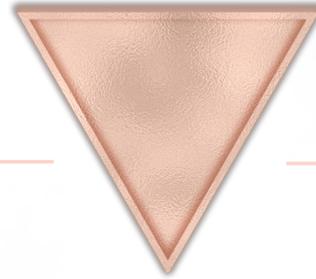




TRANSFORMATIONAL JOURNALING

with *Christa Potter*



HABIT TRACKER

TRANSFORMATIONAL JOURNALING™



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03



SELF-AWARENESS JOURNALING



PREVIEW



IN THIS LESSON, YOU'LL DISCOVER:

- ▷ What self-awareness and personal discovery journaling is.
- ▷ The impact and importance of this kind of journaling.
- ▷ How practicing self awareness affects our life.
- ▷ How to practice self-awareness journaling..





Self-awareness is the conscious knowledge of one's own character, feelings, motives, and desires.





Evaluating and comparing our current behaviour to our internal standards and values. Becoming self-conscious as objective evaluators of ourselves.



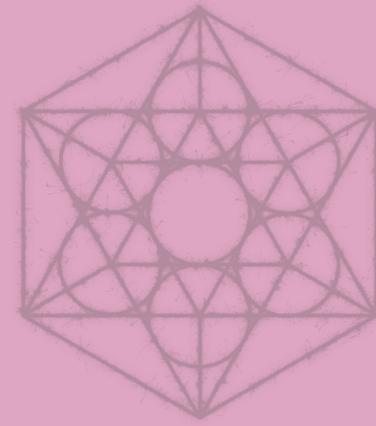
Creating more self-awareness is
at the core of what makes
journaling so powerful.



WHY JOURNAL FOR SELF-AWARENESS?

- ▷ Allows you to know yourself.
- ▷ Helps us discover what we want, why we want it, and why we do (or don't do) what we do.
- ▷ Brings awareness to our patterns so we can work with them.





“Self-awareness gives you the capacity to learn from your mistakes as well as your successes. It enables you to keep growing.”

LAWRENCE BOSSIDY

BENEFITS OF JOURNALING FOR SELF-AWARENESS?

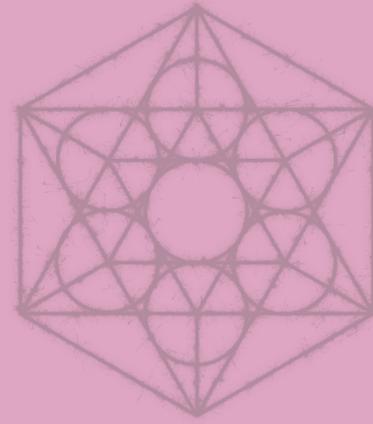
- ▷ Being aware of your patterns, blocks, & beliefs means you can no longer be sabotaged by them.
- ▷ Awareness = Power
- ▷ It takes courage but nothing is more empowering and rewarding.
- ▷ Improves self-confidence & relationships.





consciously observing & questioning
feelings, behaviours, motives





“Self-awareness involves deep personal honesty. It comes from asking and answering hard questions.”

STEPHEN R. COVEY

WARNING:

Self-awareness is not self-judgement. It is looking, and seeing, and discovering who you really are. So, check your judgement at the door!

JOURNAL!



JOURNAL PROMPTS

- ▲ How well does your outer life/world represent the person you are and the person you want to be on the inside?



JOURNAL!



JOURNAL PROMPTS

- ▲ What part of your life have you outgrown that you are still holding onto out of fear of change?
- ▲ How would your life be different if you chose to release it?



JOURNAL!



JOURNAL PROMPTS

- ▲ How do you shape your behavior to please other people?
- ▲ What do you fear might happen if you stopped working so hard to please people?
- ▲ Is it true? Do you really think that might happen? Would it really be that bad if it did?



JOURNAL!



JOURNAL PROMPTS

- ▲ What activities make you feel the most alive?
- ▲ Are you engaging in these activities regularly? If not, why?



JOURNAL!



JOURNAL PROMPTS

- ▲ What is the predominant feeling you are experiencing right now? Anxious? Sad? Happy? Disenchanted? etc. Describe it.
- ▲ Where do you believe this feeling has stemmed from?



JOURNAL!



JOURNAL PROMPTS

- ▲ Is this feeling benefiting or harming you right now?
- ▲ Is this feeling is benefiting you, how can you further embrace it?
- ▲ It if is harming you, how can you process and shift out of it into something more positive?





YOU DID IT!

What is your biggest takeaway from this lesson?



PREVIEW



IN THE NEXT MODULE, YOU'LL DISCOVER:

- ▷ Deep Work Journaling
- ▷ Journaling for Clarity
- ▷ Journaling your Purpose

