



SELF-AWARENESS JOURNALING TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



SELF-AWARENESS JOURNALING

▷ What You'll Discover

- What self-awareness journaling is.
- The impact of this kind of journaling and why it's so important to increase our self-awareness.
- How practicing personal discovery and self-awareness affects so many areas of our life.
- How to practice self-awareness journaling.

▷ What Is Self-Awareness Journaling

Definition of Self-Awareness: conscious knowledge of one's own character, feelings, motives, and desires.

Taking it even deeper: Evaluating and comparing our current behavior to our internal standards and values. Becoming self-conscious as objective evaluators of ourselves.

In terms of self-awareness journaling, almost every form of journaling in this course could be considered self-awareness and personal discovery journaling. This entire course could even have been called Transformational Self Awareness. Just the act of contemplating any of the areas we have, and will continue to address in this program through journaling is an act of self-discovery. I think creating more self-awareness and discovering the truth of our being is at the core of journaling. It's what makes it such an incredibly powerful tool.



▷ Why We Journal for Self-Awareness

So many people are strangers to even to themselves. How well do you know yourself? Your motives, your values, your strengths, where you could grow? If we aren't taking the time to contemplate, question, reflect, then we can't possibly get to know any of these things. Instead we are just skimming the surface of life. Earning money. Buying stuff. Distracting ourselves from what makes us unhappy. Always seeking that next thing that we think will make us happy.

Most of us go through our lives never thinking about why we want what we want and why we do the things that we do. We are on autopilot just going through the motions of our day. We may feel dissatisfaction in different areas of our lives but never sit down and think about what exactly it is that is causing the discomfort and what we can do to change it. Or, more importantly what we are doing to cause it.

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

LAWRENCE BOSSIDY

When it comes to money, career, relationships, health, whichever part of our life it is, we often never give much thought to the patterns we have, where they came from, what we think of them, and how we might want to go about creating change.

▷ Benefits Of Journaling for Self-Awareness

Awareness is so key. I can't stress this enough. Once you become aware of your patterns, beliefs, and behaviours you can no longer be sabotaged by them, blocked by them, or play the victim because of them. Awareness equals power. Gaining awareness and taking responsibility for your life and your actions is scary and requires courage but there is nothing more rewarding and empowering. YOU are the change you are looking for.



Self-awareness is also key when it comes to developing true self confidence and self-esteem. Self-confidence isn't built through the illusion of pretending you are something you are not. It is having awareness of who you ARE, going through the discovery process of finding out who that is, and accepting and embracing her.

An advantage of increasing your self-awareness is that you can begin to understand your reactions and motivations and therefore adapt and improve your relationship with yourself and others by reducing inner and outer conflict and self-sabotage. This means the more self-aware you are, the more compassionate you are towards yourself and others and the more successful you can be.

▷ How To Do Self-Awareness Journaling

Any time you consciously observe and question your feelings, behaviors, and motives you are practicing self-awareness. When you dive into the incredible resource of journal prompts you will receive later in this course, 1001 Transformational Journaling Journal Prompts, you will see the majority of the prompts are categorized as Self Awareness prompts. A lot of the prompts could be categorized in more than one category since journaling covers so many bases but for simplicities sake I just categorized each in the way that felt most immediately appropriate. You're totally welcome to dive into some of the Self Awareness prompts in your Deep Work or Emotional Processing journaling etc. and vice versa down the road.

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

Let's take a look at some of my favorite prompts for nurturing personal-discovery and self-awareness.



Journal Prompts

- How well does your outer life/world represent the person you are and the person you want to be on the inside?
- 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?
- 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?
- What activities make you feel the most alive?
- Are you engaging in these activities regularly? If not, why?
- 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?
- Is this feeling benefiting or harming you right now?
- Is this feeling is benefiting you, how can you further embrace it?
- If it is harming you, how can you process and shift out of it into something more positive?



Notes

A series of horizontal dotted lines for writing notes.

