



SELF-AWARENESS JOURNALING WORKSHEET



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



SELF-AWARENESS JOURNALING

Awareness is so key. 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..

Enjoy!

Christa Potter





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