

Self-Reflection Exercises

There is great benefit in taking the mask of that we were and truly look at who or what we are. Without awareness of what is there, how can change begin. As Louise Hay was quoted. "You cannot clean the house if you can't see the dirt" How true is this. I would also say, it is difficult to see the valley if we are not on the mountain.

Taking time out to see both the highs, and lows of life, and who we act to be in the world of interactions is essential to see if we are being who would truly choose to be if we were aware!!

What I suggest with clients are a few things in sequence, outlined in this download for you to take away and reflect on. While any time is a good time, it is suggested taking regular ideally 5 minutes each day and hour once a week, half day a month, and a full day a half year. Considering how much that happens in a year, take a serious time out and be alone, or at least semi secluded and truly see how much you have evolved over the year that has gone.

The original sources of these ideas include Stephen Covey; Anthony Robbins, Depak Chopra, Louise Hay, Several Self-Help books, that have blended in my mind over the years.

Questions:

- 1) What was the best bits from today? (*There is always something, no matter how small.*)
- 2) What made it good, and worth remembering?
- 3) What was something that did happen that you would rather have not happened?
- 4) What could you have done, felt, or said differently to help improve, or even prevent the situation from occurring?

If, like Scrouge, you may find there are parts of yourself that are disturbing, if this is the case, there is hope. Invite in your higher self, or someone you consider wise or a super hero of yours, not your judge or critique.

See the situation playing out for what is. If you find this too disturbing, then ask your invited trusted friend to do it for you and ask them to describe it to you. Allow yourself to become curious about what, how and why things have happened. Ask your trusted friend these questions, and listen or feel for the answer.

Do you want it to be different, and if yes, how and why?

Keep the scene playing on a loop, but each time there are two things different. This is important. At the end of each loop check in and get a sense of what or how it needs to be different. Who do you need to speak with and make amends?

What things or emotions do you need to heal or let go of so people are able to get to know the real you?

Who or where do you need to go to learn the skills and insights to find the hidden parts of yourself you want to come forward more?

Put as much detail in as possible.

You will know when it is right, it will feel lighter, happier and more peace. It may take some time, and there is no perfect. It could be that everyone leaves, and you have the stage to yourself for a bit. It could be that you are in a different place etc.

If at any time you feel the emotions and reactions prompted by these activities are too great, get help. Seek a counsellor, lifeline a trusted friend who is outside of the situation, and is unbiased. Reach out and help yourself to heal as these things have asked to be looked at so you can come home to the real you.

Steps to Change has several ReclaimME! Programs to suit your need at the time. Become aware of where you are, and reach out to discuss the changes needed to make to Reclaim Your Life and Create Your Life on Your Terms!

