

## *Activating Awareness, create a winning week*

Awareness is the first step to any type of change. When we are aware of our feelings, emotions, memories, stories and resistance we are creating the opportunity to heal.

To make the most of this activity is to:

- Work through the questions on page one,
- In your journal or notes next to the question and your answer note the reaction that is created.
- Acknowledge the feeling, thank it for coming up.
- Listen to the lesson, or the pattern that it is 'talking' about.
- Tap out the feeling, or complete the forgiveness activity to help shift the attachment.
- Bring the insight to your next session to really let it go.

You are not expected to get everything perfect, more so as it is to help trigger and release the associated feeling etc. linked to the activities that you 'choose' to do consciously or not; based on personal, social, cultural expectations or out of necessity.

If you feel big emotions of guilt, fear, critique, judgement etc coming up as you start to make changes to your life, ask the 'voice' "Who's message or voice is this?"

Is it a parent, teacher, mentor, sibling, boss, religion, dogma etc?

Ask the voice "What is the message or lesson or reason for showing up?"

Listen to the response and journal through the responses, and see what come up. Tap it through, forgive or even book into a consultation to clear the belief cluster.

**In Preparation for the coming week**

What self-care are you committing to this week? \_\_\_\_\_

\_\_\_\_\_

How many times and for you long? \_\_\_\_\_

Describe how it will feel to do this self-care activity. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your commitment for focused change this week? \_\_\_\_\_

\_\_\_\_\_

What do you need to do, or plan to bring it together? Some ideas could be:

meal planning, exercise regime, time planning, organising a sitter, book into a class, talk with family about changes you want to make and explain why.

\_\_\_\_\_

How will you know you are achieving your commitment? \_\_\_\_\_

\_\_\_\_\_

How will it feel to complete your committed to activity? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What might it mean in the bigger picture of what you are working towards?

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\_\_\_\_\_

Who do you need to contact to ask for help to action this commitment?

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

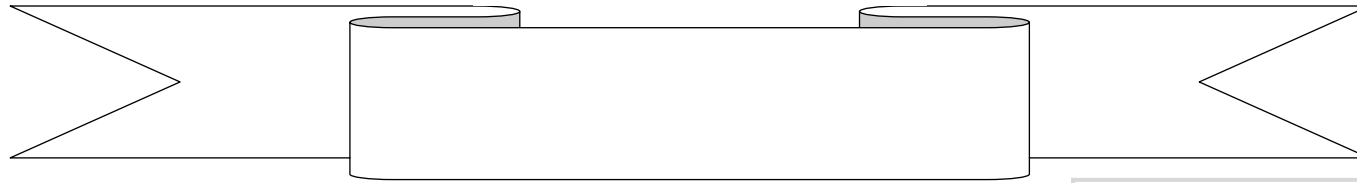
What is the real cost if you don't follow through? \_\_\_\_\_

\_\_\_\_\_

What is the cost benefit of following through? \_\_\_\_\_

\_\_\_\_\_

# Week's Focus



Tasks to complete this week towards your goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Important activities to include in this week's planning

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Self Care, reward activity Ideas**

- Read for pleasure
- Walk in the garden/park
- Play with children/pets
- Cook favourite meal
- Write in your journal with honesty
- Speak with friends
- Go to a movie
- Buy flowers for the home/office
- Get facial, pedicure or manicure
- Go for a drive to somewhere new
- Be a tourist for a day
- Watch the stars at night
- Watch clouds pass by day
- Continue a forgotten hobby
- Explore a new hobby
- Meditate
- Dance to favourite music
- Test other radio stations
- Refuse to answer the phone or emails between set times.

**Meal Ideas – Focus on \_\_\_\_\_**

**Shopping List**