

8 QUESTIONS TO ASK TO DEVELOP SELF-AWARENESS

OBSERVE YOURSELF:

1. What **thoughts** go through your mind
2. How food, sleep and nature makes **your body feel**
3. What words you **speak about yourself**
4. How spending time with a person makes you **feel**
5. What words you **speak about others**
6. Moments where you feel at **peace and free**
7. Moments where you feel **resentment and trapped**
8. What you **consume** and how you feel afterwards

LIVING A CONSCIOUS LIFE MEANS:

Observing your thoughts:

What are you thinking?

How do you speak to yourself?

Getting curious about you reactions:

Why is this making me defensive?

What is this trigger trying to show me?

Sitting with yourself every day (self-awareness)

- journaling
- meditation
- yoga
- deep breathing