Self-Awareness Module
SELF-AWARENESS INTRODUCTION

We are going to look at a very important element in the process of creating change in your life. So important indeed that it cannot be overlooked, skipped or ignored. What I’m referring to is the importance of self-awareness and how increasing it can actually get you closer to what you want. Let’s start with a quote from Oh, shift!

*************** PAGE 1 (10-15 MINUTES)***************

Read the quote in brackets and then facilitate a discussion using some or all of the following prompts:

- What are your thoughts on this?
- How does self-awareness get us closer to what we want?
- Why do you think many people tend to avoid this?

Let a few people offer their thoughts and affirm appropriately. Make your own contributions as needed.

Then follow with either reading or summarizing the info on the worksheet.

Give an example of how this might apply to you. For example:

If I’m attempting to lose weight, there are many different diets I could go on to show me the practical things I need to do. And I may be successful at it for as long as I follow the diet. However, when I stop following the diet I will probably stop losing weight. Mainly because I have not gone to the deeper awareness about my weight and the reasons I may tend to overeat or avoid exercising. Until I get to the root of this issue, everything else is just a Band-Aid or a quick-fix that will not give me the lasting results I desire.

Building awareness to make positive changes can be difficult because it requires that you look at what’s not working in your life. As difficult as this may be, it is necessary if you are going to make the desired changes. It’s also important to avoid harsh judgment of yourself – instead, try taking an objective view of your life.

EXERCISE- Self-Awareness Primer

Direct participants to the exercise and give them ONE MINUTE to check the boxes that are true for them. This is not a lot of time, so remind them to not overthink it and to go with their first instinct.

Note: This exercise is NOT to help them identify the areas of their life that need tweaking. Instead, it is meant to get them into the mindset of self-evaluation for the exercises that follow.
SELF-AWARENESS

Self-awareness is your friend. The more you know about what makes you tick, the easier it is to fine tune your clock.

One of the often overlooked, yet very important aspects of becoming a shift head is awareness. Increasing self-awareness is vital if you plan on making any changes in your life. By better understanding where you are in your life right now and how you are showing up (and a bit about what got you there) you are more equipped to make the changes, or “shifts”, that will have the most impact.

Exercise – Self-Awareness Primer

In order to affect positive change in your life you must first admit what’s not working. This might be hard, but sooo worth it. This quick assessment will get you in the mindset to identify what needs tweaking.

Put a check next to the statements that are true for you.
Don’t overthink this…go with your first instinct.

My life could stand some changing in more than one area.
Sometimes I feel like I don’t have control over what happens in my life.
It feels good when I “vent” about the people or things in my life that are bothering me.
I get aggravated or emotional when things don’t go the way I hoped them to.
I am really hard on myself and it shows through my negative self-talk.
I never seem to have enough time and/or money.
Sometimes I blame other people or events for my situation (or life) being the way it is.
I could be doing better…in general.
A good percentage of my family and close friends are struggling (professionally, financially, emotionally, etc.).
I often beat myself up for not being better or having more.
I want to experience more joy in my life.
I believe that life is generally difficult, or at the very least, challenging.
I often feel hurt or offended by the words or actions of others.
I sometimes hurt or offend others through my own words or actions.
I tend to sabotage myself (work, relationships, earnings, health, and/or happiness).
Give participants TWO MINUTES to answer the reflection questions. Then ask for willing volunteers to share their reflections.

**OPTIONAL PROMPT:** How did self-judgment show up? How did you handle it?

**Coach the participants as time permits and when the need arises.**
Remember, only coach them on their blocks to building self-awareness, NOT on the issues themselves. Try to keep this discussion very general and if someone starts to speak about specific areas of their life they realize they need help in, gently tell them that they will be looking at this next. Or use it to transition to the next exercise.

**EXERCISE- Get specific**

*So, now that you are in the mindset of building self-awareness and you’ve examined your ability and willingness to assess your life in an honest way without judgment, I want to build on this process and invite you to get specific.*

Read the instructions and give them 30 SECONDS to select one area of their lives they admit could use a shift.

*Good! To continue to unfold this process for you, I want to introduce you to the concept of digging deep to create a shift. In Oh, shift! we find this thought:*  

Read the quote in brackets then facilitate a brief discussion using the following prompt:

- *Why is exploring our enculturation so helpful in creating a shift in our lives?*
**Reflection**
What was it like to do this exercise?
How did you feel? How willing/able are you to analyze your life in this way?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________


**Exercise – Get specific**
Focus in on the one area of your life that you’d like to see shift happen. Honestly identifying and boldly calling out this area is the first step in creating positive change in it.
Put a check next to the ONE specific area of your life that you admit could really use a shift.

Career  
Finance  
Friendships  
Relationship  
Health  
Self-care  
Outlook  
Other _________________________


**Discussion**
Why is exploring our enculturation* so helpful in creating a shift in our lives?

* Enculturation is the process whereby individuals learn through experience, observation, and instruction.