



Am I Acting From My Conscious Mind or My Rooted Mind?

A 10-point checklist to recognise old patterns - and shift toward values-based action.

When facing stress or uncertainty, it's easy to be pulled into reactive patterns - those old stories, emotions, or urges that no longer serve us.

In my coaching, I talk about the Two Minds Approach:

- The Rooted Mind creates the unwanted stories, emotions and urges that can hook us and lead us into taking unhelpful actions. It's rooted in our past experiences, upbringing, culture, genetics, and evolution.
- The Conscious Mind is home to our wisdom, kindness, values and logic. It's the part of us that can pause, reflect, and choose actions that move us toward the life we want to lead.

This checklist helps you notice which mind is in charge. Awareness is the first step toward change. Use this as a moment to pause, notice, and gently reset.

Rooted Mind in the Lead?

- ☐ I'm reacting automatically or emotionally, without much reflection
- ☐ I'm avoiding something uncomfortable - like a conversation, a choice, or an uncertain situation
- ☐ My self-talk is critical, harsh or fear-driven
- ☐ I'm negatively comparing myself to others or feeling 'behind'
- ☐ I'm acting out of habit or urgency, not intention

Conscious Mind Coming Through?

- ☐ I've paused to reflect on what matters to me in this moment
- ☐ I'm showing myself compassion, even when things feel messy
- ☐ I'm aware of my thoughts and feelings, but not ruled by them
- ☐ I've taken one small action that aligns with my values
- ☐ I feel connected to a sense of purpose, even if progress feels slow

Want support shifting from the Rooted Mind to the Conscious Mind?

This is exactly the work I do with clients - helping them act with more clarity, kindness, and purpose, no matter the challenge.

If you're ready to make intentional change, book a free 20-minute discovery call:

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