

Living a Conscious Life

8 Questions to Ask to Develop Self-Awareness:

1. What *thoughts* go through your mind?
2. How food, sleep and nature make *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 do you *consume* and how you feel afterwards?

Living a Conscious Life Means:

1. Observing your thoughts:

- What are you thinking?
- How do you speak to yourself?

2. Getting curious about your reactions:

- Why is this making me defensive?
- What is this trigger trying to show me?

3. Sitting with yourself every day

- journaling & reflection
- yoga
- deep breathing

EXERCISE ON YOUR OWN “Live Consciously”

1. Set Alarm to observe a “moment.”
2. Notice where you are (i.e. past—ruminating or future—fearing or in fantasy)
3. Choose to “zone in” to the actual activity you were doing and be present in that activity (i.e. if eating, focus on food and the act of eating)