

19 July 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Self Awareness

This week, it's all about self awareness... Knowledge is power so this challenge is about documenting & analysing yourself so you can understand your reactions better and learn from them.

All too often, we use hindsight way after the event (& often only for major events) where if we learnt quickly, from even the small problems, we would be better equipped to handle the big stuff. Instead, when we fail at 'minor' things in life, we just become too tough on ourselves, which is also a form of self-sabotage. Being understanding enough with yourself is the only way to develop better serving & long lasting behaviours.



Monday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?

Tuesday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?

Wednesday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?

Thursday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?

Friday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?

Saturday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?

Sunday - Think of an unhelpful reaction you've recently had. What was the source of the issue? How did you respond? What was the real cause? What could you have done differently? What could you do in the future?