



Day 2

Finding Yourself

Getting Started with Self-Awareness

One of the primary reasons you were asked to set aside time in the morning for this course was to begin to build the habit of starting the day with yourself. Many cultural and religious traditions have historically done this but we now have the science to support why.

There are two primary reasons to have some sort of morning ritual focused on oneself:

1. To ask how you are doing **today**.
2. To then ask how you need to best take care of yourself **today**.
3. When you start each day checking in with your *physical self, emotional self, and thinking self*, you are better prepared to react to what the day brings in a more thoughtful way.

Today's Challenge:

Name 1-3 moments throughout your day that you choose distraction instead of being present or more with yourself.

1. _____
2. _____
3. _____

On the next page, make a brief plan on how to replace that with just being more present either:

1. Outwardly
2. With Yourself
3. With Others

Use the space below to create a SMART plan for yourself. A SMART goal stands for Specific, Measurable, Achievable, Relevant, and Timebound. Apply these standards to being more present in a particular area of your life.

S _____

M _____

A _____

R _____

T _____

Noticing Your Self

After you increase your ability to be present with the outside world, you can begin to move inward. There are three different components of self that you'll need to develop a better relationship with:

1. Physical Self
2. Emotional Self
3. Thinking Self

Try to develop a practice this week of taking time (if only a minute) to get in the habit of noticing one of these, and ultimately all of these.

Noticing Your Physical Self

Our bodies and internal physical world hold a wealth of untapped information. This is one of the most important takeaways from this course. It's also often the most uncomfortable for many. Developing the ability to scan our body and internal experience is essential for deepening your resiliency. For today, we're just noticing.

Noticing Your Emotional Self

First, get rid of the assumption that you are only feeling one emotion at a time. It's important to sit with yourself to better uncover the variety, sometimes conflicting emotions you can be experiencing in any given moment. By starting the day reviewing your emotions, you can better understand what your needs and capacity for that day might be. For today, we're just noticing.



Noticing Your Thinking Self

When most people think of mindfulness, they think of tracking thoughts. It's important to not only be able to notice thoughts but to understand the quality and themes within them. For today, we're just noticing.

Challenge for the Week

Develop a habit that at any given moment in your day you'd be able to note your physical & emotional state and what you're thinking.

Deeper Dive

"The Headspace Guide to Meditation & Mindfulness." Andy Puddicombe.

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Knowing yourself is the beginning of all wisdom.

Aristotle

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