

7 WAYS TO RAISE YOUR SELF-AWARENESS

As with anything in life, when we know more, we can do things differently. Knowing ourselves is one of the greatest gifts we can give ourselves and it will take us far beyond just our discoveries. With our new insights we will have more choices, giving us the ability to create a life far beyond what we could have ever imagined for ourselves.

These exerts and exercises are designed to increase your level of self-awareness.

1. LISTEN

Start to listen to your quiet voice within. The voice that whispers to you to slow down, take a right turn, go for a walk, visit a store you don't usually go to, try on a different style of dress on or call someone. This is your intuition. Listen to it to develop it more.

2. THINK

Examine your thoughts to discover how helpful they are. Our thoughts and our words have a huge impact on us. How do you talk to yourself? would you classify your thoughts as mostly negative or positive? Changing your thoughts changes your world.

3. FEEL

Notice how you feel in the moment as you go about your day. Becoming more aware of your emotions will help you to know what you need. When you're tired, rest. When you're sad, give yourself time to feel it fully. When you're happy, feel the immense joy.

4. DREAM

Keeping your dreams alive is what will take you toward them. If you've let certain dreams go, reignite them. Allow yourself to start exploring something you have wanted for a very long time and start moving towards it. What do you dream of?

5. ASK

Ask the Universe, God or whoever or whatever you believe in for what it is you want. If you don't ask, you can't receive. Write it down somewhere you see it often.

6. BE PATIENT

Things don't always come to us when we want them. Accepting your life as it is right now whilst being patient is the key. On a scale of 1-10 how patient are you?

7. TRUST

Know that you have handed over your desires and intentions and trust that life will unfold exactly as it is meant to. Do you trust yourself and the Universe?