

MY
Self-Awareness
JOURNEY

with Kathryn Price



Congratulations to you

First up, I want to congratulate you. I want to honour you.

Doing your personal work takes a commitment and I want to acknowledge you for taking this path.

For me, this work has had rewards far beyond what I could ever have imagined, and I know you will discover that too.

If you'd like to buy my book, Flourish, you can do that here www.kathrynprice.co/book.

I'm available as an inspirational speaker if both online and in person. You can download my speaker profile on my website here and then get in touch by email www.kathrynprice.co/speaking.

Some of the themes we discuss may trigger you. Please take personal responsibility for this and seek out an experienced counsellor, therapist, healer, coach, or mentor if you feel stuck in a place you do not want to be.

Lastly, I feel both privileged and humbled you have chosen this program. I am here to support you through this process, please reach out.

With love,
Kathryn x



How to Find Peaceful Moments

All of these practices have changed my life. You can implement one, some or all of them, one at a time. Choose one to be your 'go to' for instant peace and calm. Let me know how you go.

1. REFLECT

Upon waking, check in with yourself and ask: How do I feel? This creates more self-awareness and will enable you to nurture yourself by responding appropriately.

2. STOP

Simply stop during your day to take a few breaths, notice birdsong, the beauty before you, the sun, wind, rain or whatever may be in front of you. Watch the sunset or rise or just put your feet up. Take a pause.

3. JOURNAL

Taking the time to record your thoughts and feelings, if only for a few minutes a day, is gold. Journalling is a powerful healing tool that helps us become more aware of our inner world, of our thought processes.

4. MOVE

Get out for a walk or bike ride, swim, wander around your garden or whatever your thing is. A dose of Vitamin D, fresh air and exercise sets us up for the day and endorphins trigger a positive response in the body.

5. MEDITATE

Spend time meditating each day. Even a few moments once or twice a day can be tremendously beneficial. Simply close your eyes and focus on your breath for a minute or two. A daily practice will help reduce anxiety and create peace and calm.

6. CREATE SPACE

Put space in your day. Stop for a cup of tea, a glass of water or to gather your thoughts between tasks, rather than frantically rushing from one thing to the next.

7. STRETCH

Take 5-10 minutes a day to stretch your body with a few gentle exercises. Sitting quietly to tune into your body is grounding and creates a strong connection with self.

8. GIVE THANKS

A daily gratitude practice is self-perpetuating. The more you focus on what you're grateful for the more you will be able to.

Journaling Prompts

Journaling is one tool I've used as for self-expression over many decades. By writing down your thoughts and feelings you will gain clarity, and a better understanding of yourself. With these journaling prompts you'll take your focus to your inner world, the place where you'll be able to reflect on life, relationships, career discover the answers to anything you need to know. We really do have our own answers, we just need to get quiet enough for long enough to hear them.

GRATITUDE

I'm so incredibly grateful for...

Make a list of as many things, big and small that you're grateful for today.

CHILDHOOD REFLECTION

The thing (or things) I loved to do the most as a child was/were to...

This could be a school subject, a game you loved to play, a hobby, a pet or anything.

CAREER FOCUS

A career path I'd love to take is to be a...

Think about career pathways in your current employment here, something else you'd love to study or something wild and whacky you've always dreamed of doing.

LIVING FULLY

I feel most alive when I'm...

This could be something creative, spending time with family, working with children, praying or meditating or engaging in some activity.

HEALTH & FITNESS

When I think of health and fitness I dream of...

Perhaps you want to lose weight, tone up, start a new exercise regime or type.

GOALS & DREAMS

I want...

Create an 'I want' list. This is a list of everything you want to have, be or achieve in your life.

FUN

The things in life I find most fun are...

List everything you do or would like to do for fun.

THOUGHTS & FEELINGS

I feel... or I think...

A simple prompt for going deeper into our thoughts and feelings that brings us into a state of self-awareness where we can explore ourselves more deeply.

7 Ways to Increase 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?

Limiting Beliefs

Often, we have long-held beliefs about ourselves holding us back. These can come from our parents, siblings, teachers, and other people who were our early influencers.

In the spaces below record your answers to these questions, taking note of the example provided.

1. What is one limiting belief you hold about yourself?
2. Sit quietly, take three full, deep breaths, and ask yourself: where did this belief come from?
3. Now, ask yourself: what is the truth here?
4. Create a new belief.

Repeat this exercise for other limiting beliefs.

Limiting Belief

I could never complete a marathon.

Truth

If I trained for it I could do it, even if I walked.

New Belief

I can complete a marathon if I choose to.