

IGNITE YOUR INSIGHT

Commit to increasing your self-awareness each day for 5 weeks.



1

The Power of Self-Awareness

Check off each day that you work on increasing your internal and external awareness. What strengths would you like to build upon? What weaknesses would you like to improve? How do these attributes impact your decisions each day this week?

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2

Fuel: Sustenance or Indulgence?

Is there a certain emotional "trigger" such as anxiety, stress or fatigue that influence your food choices? What are a couple of changes that you can make this week to set your environment up for success?

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3

Spark Your Social Awareness

When interacting with others are you attentive and focused on the words being said? Are you listening with the intent to understand rather than to respond? Are there certain interactions or situations in which you could improve?

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4

Attention-Grabbing Safety Practices

What distractions do you wrestle with daily that take your attention away from the task at hand? Is it your cell phone, poor dietary choices or attempt to multi-task? Check off each day that you overcame this distraction to remain alert and focused.

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5

Self-Management: Turning Up The Heat

What are a few key patterns that have come to light over the past few weeks? What self-management steps have you taken to actively develop and cultivate your new awareness?

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