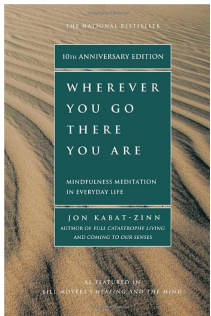


Step 2. Practice
one conscious check in per day.
*Set an alarm to help you remember

Step 1. Familiarize Yourself to the Creating Consciousness + Expanding Consciousness PDFs



STEP 7. Engage in the Book Club
Discussion Forum:
Wherever You Go, There You Are by: Jon Kabat-Zinn

Step 6. Watch Virtual Workshops
Watch the replays available in respective Course Lessons

Step 3. Check-In
and spend time creating space between you + your thoughts. Practice observing them. Use the Awaken Consciousness Guided Meditation Daily

Step 4. Implement
the Small Daily Promise Planner and celebrate your promises daily

Step 5. Discuss
Join the forum to share your experience and engage with others on the journey.

AWAKEN CONSCIOUSNESS ROADMAP

Head to the **Accountability Partner Discussion Forum** to receive support while on your unique healing journey.

Please note: finding an accountability partner is a self-led process. Sharing and holding yourself accountable with others can be a helpful + needed daily reminder to actually begin doing the new practice during your day.

Creating Consciousness

The Why: Many of you are living in autopilot allowing your subconscious patterns to direct your life. These patterns keep us trapped in the past, far from a future that looks different. Developing a practice of living consciously is the first towards change. Here's how you begin!

The Work: Finding a minute or two in your day to sit quietly will help you begin to activate your conscious mind. Here you will engage in a mental exercise helping you to do three things:

@The.Holistic.Psychologist



SEPARATE FROM THOUGHTS

Create a separation between "you" and your thoughts (not you!). Put simply, thoughts are the result of neurons firing in your brain. They are not YOU! Practice being the conscious observer of your thoughts.



BECOME THE OBSERVER

Practice objective observation. Break an unhelpful habit of judging your thoughts or yourself as "good" or "bad". Thoughts are neutral and do not determine the kind of person we are.



DIRECT YOUR ATTENTION

The most important choice you can make is where you direct your attention. Many of you have not been choosing where your attention goes allowing your external environment or your internal thoughts to do so. Practice taking back your control by directing where your attention goes, brings it always back to the present moment. That is where life, and change, happens!



Creating Consciousness

Get Started

Find a place to sit comfortably, with as few distractions as possible. Bring attention to your breath. As your thoughts come (they will) simply note that you “are thinking” and bring your attention back to your breath. You will have to do this consistently as one thought replaces the last.

Practice viewing your thoughts objectively, without assigning meaning, letting go of judgements about yourself and your inner world. If you want, you can replace judgement by simply labeling your thoughts. For example, “here is my to-do-list thoughts,” or “my critical thoughts,” etc.

@ The.Holistic.Psychologist

TIPS

- Start small with one or two minutes.
- Have patience. This practice can be overwhelming at first and is a skill that takes time to develop.
- Notice yourself simply practicing this new skill and try to avoid any tendency to minimize yourself or to worry that "it's not working."
- The guided meditation I created called "Creating Consciousness" should be used as often as possible to get you started.

CHALLENGE

Make a small daily promise to use the "Awaken Consciousness" guided meditation for 30 days.

Expanding Consciousness

The Why: To create change, you will need to practice living in consciousness. Our senses provide a great way to connect with your body and your current moment. Practice using your senses to get out of your head, and in to your body. This is also called a “grounding” practice and helps to send a safety signal to your body when it is stressed or emotionally activated.

@ The.Holistic.Psychologist

The Work

Practice reconnecting with your consciousness using your body and it's five senses. To begin take five slow breaths together and ask yourself:



What are three things you can hear?
(the birds, my colleague talking, music, etc)



What are three things you can see?
(the sun, grass, computer, etc)



What are three things you can smell?
(coffee brewing, aromatherapy, my lunch, etc)



What are three things you can touch?
(the seat, my feet on the ground, water in my hands, etc)



What are three things you can taste? (if applicable)
(my meal, tea, gum, etc)

Challenge

Consciousness Check In: Set a timer on your phone for one random time during the day. When time your alarm goes off, note where your attention is and practice the above exercise.



SMALL DAILY PROMISE PLANNER

@ The.Holistic.Psychologist

Start of Day

Today I will focus on shifting my pattern of living in autopilot

My small daily promise to begin to shift that pattern to be more present

I am grateful for for waking up in a comfortable bed

When I more present I will experience more opportunities to create
change and more feelings of freedom and agency

I have an opportunity to practice being my future self today when I notice where my
attention is throughout the day and bring it back to the current moment by refocusing it on my breath

End of Day

Today when I kept my small promise I felt a little more grounded + in control/proud of myself

I noticed a moment of progress today when I I remembered to focus on my breath
when I felt not present/distant

Today I learned I tend to check out when I'm upset and will use this
knowledge to to consciously remind myself of my breath when I'm upset



SMALL DAILY PROMISE PLANNER

@ The.Holistic.Psychologist

Start of Day

Today I will focus on shifting my pattern of _____

My small daily promise to begin to shift that pattern _____

I am grateful for _____

When I _____ I will experience _____

I have an opportunity to practice being my future self today when I _____

End of Day

Today when I kept my small promise I felt _____

I noticed a moment of progress today when I _____

Today I learned _____ and will use this

knowledge to _____