

Journal Workbook



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The Art of Awareness

"Becoming Aware" Workbook

Write for as long as you need. Use more space if required.
If you get stuck, pause video, walk away and clear your head before continuing.

List some characteristics of each part of "SELF" - the child, adolescent and the adult. See if you can identify any of these traits within yourself.

Spend a little time journaling about one time you've witnessed a wound of your inner child and the circumstances at that time.

The Child -

The Adolescent -

The Adult -

One time I've witnessed a wound of my inner child:

Ask your inner child right now "What were you feeling at that time?"

Reflection writing after completing the short meditation within the training video. Describe what you saw.



Reflection writing after completing the longer meditation (separate video). Describe what you saw and how the meditation affected you.

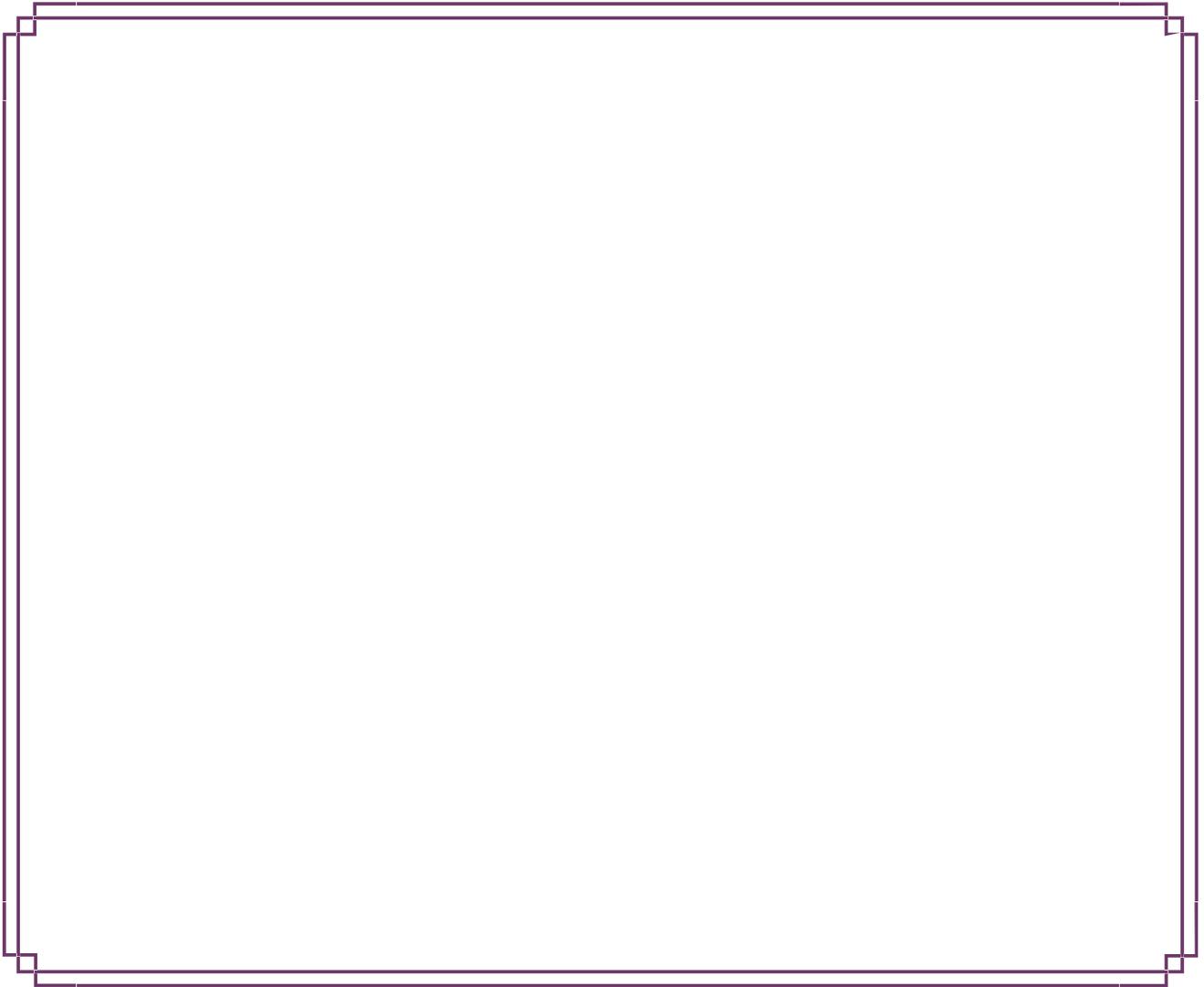


Moving Forward:

What are some ways you will continue to connect with your inner child?



Use this space to reflect on what this course has brought up for you. What new insight have you gained from doing this deep inquiry?



I hope you found this course valuable for your life and that you continue to increase your awareness by putting these principles into practice.

The **Art of Awareness Academy** offers other courses that facilitate personal growth. My "Be the Lighthouse" Group Coaching Program and Annual Membership Program take the concepts discussed here much deeper.

To view course and program details, click on the icons to access descriptions.



If you'd like to stay in touch and continue to deepen your level of awareness within a supportive and inspirational community, then I invite you to join our private Facebook group if you haven't already:

Heart of the Matter is a beautiful community where I share free resources on a regular basis.

Click the image below or cut/paste this url:
www.facebook.com/groups/HeartofMatter/



Thank you so much.... I look forward to getting to know you better. Feel free to reach out anytime: michelle@ammoartworks.com

I'd love to hear how this course has impacted your life.

~ Michelle