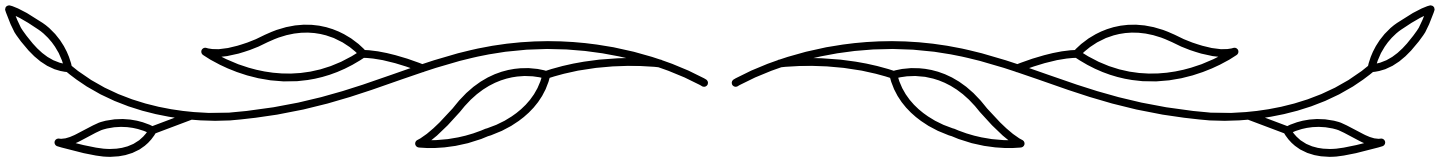


SELF AWARENESS



What does Self Awareness Mean to you?

NAME

- ✦ What comes to mind when you hear the phrase "self-awareness"? Is it a feeling, an idea, or a process?

- ✦ Think about a time when you were truly self-aware. What did it feel like?

- ✦ What parts of your life do you feel most self aware in (e.g., your career, relationships, hobbies)? What about the least?

- ✦ What parts of your life do you feel most self-aware in (e.g., your career, relationships, hobbies)? What about the least?

Set 3 goals for yourself:



Revisit this page in 30 days.

Take a look at how far you've come!

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)



MIND BODY SOUL

POWERED BY: SAVING OUR UNITED LEADERS

Saving Our United Leaders (SOUL) proudly presents our Mind Body Soul program in celebration of Self-Awareness Month this September. We believe that true leadership begins with a deep understanding of oneself. Our mission is to inspire everyone to explore their inner world, embrace their authentic self, and unlock their full potential. Through a series of workshops, guided meditations, and interactive sessions, participants will embark on a journey of self-discovery and personal growth. Each session is designed to nurture the mind, invigorate the body, and uplift the soul, fostering a harmonious balance that is essential for effective leadership.



Join us as we delve into the art of mindfulness, explore the power of positive thinking, and cultivate resilience. Our expert facilitators, renowned in the fields of psychology, wellness, and leadership development, will provide invaluable insights and practical tools to help you thrive both personally and professionally.

Together, let's create a community of empowered individuals who lead with empathy, integrity, and vision. Sign up today and take the first step towards becoming the best version of yourself. We look forward to embarking on this transformative journey with you!

with love,
S.O.U.L



VALUES DEEP DIVE

TODAY I'M FEELING:

POSITIVE AFFIRMATIONS

MY TOP 5 VALUES:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

HOW DO THESE VALUE(S) MANIFEST
IN MY DAILY LIFE?

WHAT ARE THE CONSEQUENCES WHEN I
HONOR THIS VALUE?
WHAT HAPPENS WHEN I NEGLECT IT?

HOW DOES THIS VALUE INFLUENCE MY DECISIONS, BIG AND SMALL?

Embrace Positive Self-Reflection

Here's a list of values that may or may not resonate with you. Choose from the options provided or jot down a value that you feel truly represents you. Take a moment to reflect on which values best embody who you are.

- Authenticity
- Creativity
- Compassion
- Integrity
- Growth
- Courage
- Community
- Justice
- Freedom
- Security
- Kindness
- Resilience
- Humor
- Learning
- Family
- Health
- Adventure
- Honesty
- Respect
- Generosity
- Patience
- Simplicity
- Joy
- Connection



DATE: --/--/----



STRENGTH SAFARI

MY FOUND STRENGTHS

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

ACTION PLAN TO UTILIZE STRENGTHS:

WHICH OF MY STRENGTHS WILL I INTENTIONALLY USE THIS MONTH?

WHAT IS THE DESIRED OUTCOME OF USING THIS STRENGTH?

COME BACK TO THIS PAGE ONCE YOU’VE UTILIZED YOUR STRENGTHS:



WHAT HAPPENED WHEN I USED MY STRENGTH?

HOW DID IT FEEL TO USE THIS STRENGTH?



Date (__/__/____)

limiting belief

What's a thought that often repeats itself in your mind, especially when you are faced with a challenge or an opportunity?

My limiting belief is:

Remember to fill your own cup first. You are the only person who can truly pour into your life. Remove the negativity that drains your spirit and limits your mind. You are not defined by others' expectations or your own self-doubt. You are capable of so much more than you know. Start believing in your own power and your own worth. There is nothing you cannot do if you try.

REWRITE THE NARRATIVE:

Rewrite the limiting belief into a new, positive, and empowering statement:

What is one small action you can take today to live out this new belief?

My new empowering belief is:



Energy Audit

DATE: __/__/____

Taking an energy audit is about finding what truly recharges your battery and what drains it. To live a full life, you have to understand the people, habits, and activities that give you energy. **List items below.**

What restores your body and mind? Look at everything from a walk in nature or time with a friend to the healthy food you eat. Start paying attention to what makes you feel alive.



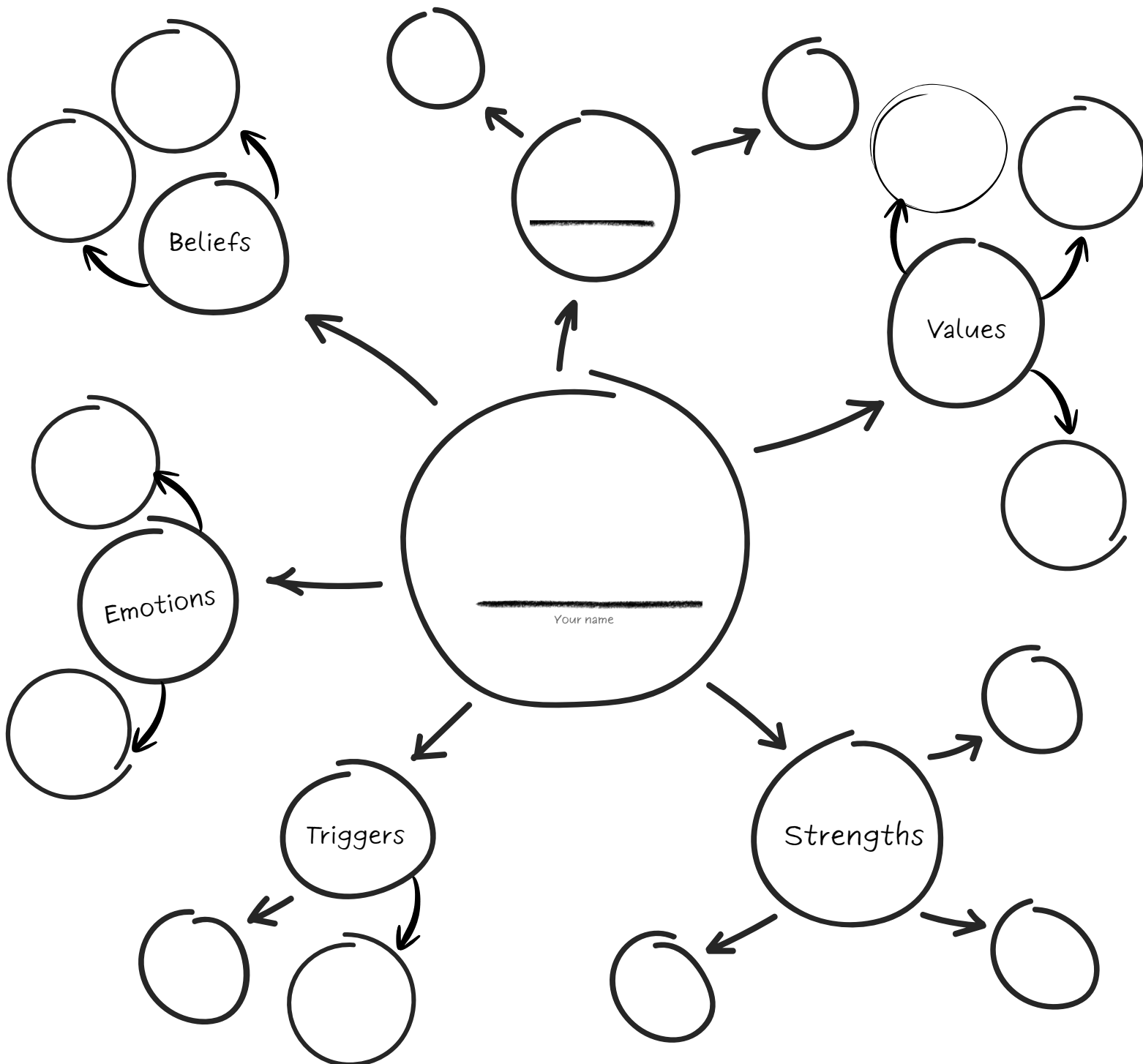
List what gives you energy:	List what drains your energy:
-----------------------------	-------------------------------

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

WHO ARE YOU?

Create a mind map centered on "Self-Awareness," begin by placing your name at the center.

From there, expand outward with interconnected ideas such as **values, emotions, strengths, triggers, and beliefs**. At the top, include a personal category that you find essential in shaping your identity.





COMMUNICATION STYLE

Reflect on a recent conversation

What was the subject of the conversation? Was it a difficult or sensitive topic?

Where did the conversation take place? Was it in person, over the phone, or via text?



What was your body language like? Were you leaning in and making eye contact, or were your arms crossed? Did your facial expressions match your words?

Were you truly listening, or were you just waiting for your turn to speak? Did you ask clarifying questions or summarize what the other person said to show you understood?



Were you truly listening, or were you just waiting for your turn to speak? Did you ask clarifying questions or summarize what the other person said to show you understood?

Create one or two actionable steps you can take in your next conversation.

For example, "Next time, I will pause for three seconds before responding" or "I will use 'I' statements instead of 'you' statements to avoid sounding accusatory."

Next time I will



Active Listening

Active listening means fully focusing on the speaker, understanding both their words and feelings, and being aware of your own thoughts so you can stay engaged and respond appropriately. Passive listening occurs when you hear the words but don't truly connect, such as being distracted or not showing interest. Self-awareness helps you notice when you're slipping into passive listening and choose to listen actively instead, so be mindful.

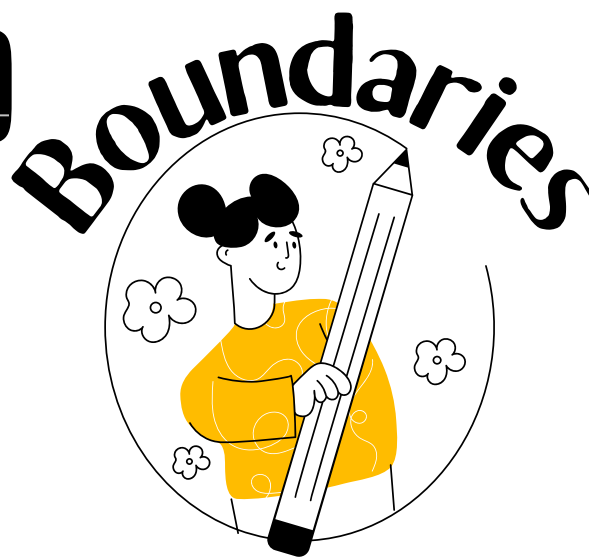
Active Listening	Passive Listening
Focus on speaker	Hear words without engaging
Ask questions or give feedback	Giving generic responses
Aim to understand both thoughts and feelings of speaker	Easily distracted, interrupting, or judging without understanding.
Paraphrase and reflect	Show little or no response
Maintain good eye contact	Lack of eye contact

Active listening can help build trust and provide a positive impact in parts of your life, such as in personal relationships, at work, or other social interactions.



Now you try!
Try to practice active listening without interrupting them and using some of the active listening skills.

LISTEN.
LISTEN...



Personal boundaries are the limits you set to protect your time, energy, and feelings. They're important because they help you feel safe, respected, and in control of your own well-being, while also improving relationships by building trust and mutual respect.

How to Set Boundaries.

1. **Reflect** – Notice your emotions and what triggers them (e.g., feeling frustrated when interrupted). Writing down what you feel may help during your reflection.
2. **Define** – Decide on the boundary you need with consequences (e.g., “Please let me finish speaking before responding” or “I need to be able to have my turn in speaking uninterrupted, or I will limit interactions or end the conversation respectfully”).
3. **Communicate** – State it clearly and calmly, without over-explaining.
4. **Prepare** – Expect different reactions, but stay calm and listen respectfully. Practice active listening!
5. **Stay consistent** – Keep reinforcing your boundary to protect your space and well-being.

List moments you felt any discomfort from another person or environment:

How did it make you feel?

Now, let's identify some boundaries using what you wrote using the examples above as a guide!

FEEDBACK AS A MIRROR

FEEDBACK HELPS ME GROW, AND I HONOR MY JOURNEY.

REFLECT ON A TIME YOU RECEIVED FEEDBACK.

How did you feel? (Circle what applies)



Happy



Angry



Sad



Motivated



Confused



Other: _____

Think of a time you received feedback? What happened?

Was it helpful? Why or why not? (circle)

Yes

or

No

How did the feedback help you learn, improve, or see things differently?

I LISTEN, I LEARN, I LOVE MYSELF.

ACCOUNTABILITY

In your own words, define accountability.

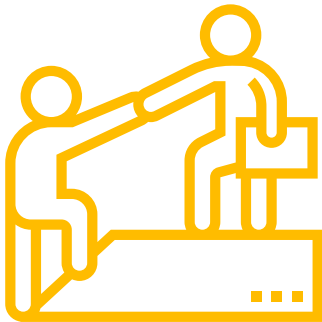
What is one goal or task you want to stay accountable for?



What potential obstacles could you face that may make it hard to remain accountable?

What environment helps you stay productive and accountable?

Some people practice accountability by setting clear goals, using habit trackers, creating daily to-do lists, breaking down tasks into smaller tasks, or body-doubling, a method where having others present provides external motivation.



How do you plan to hold yourself accountable
Examples: setting reminders, sticky notes with daily goals.

Challenge: Pair up with someone to body double for 30-60 minutes for a day to complete a task while holding each other accountable. Can be done in-person or virtual (video).
(Soul will post a body-doubling session to go with the challenge.)

DAY 13



Empathy & PERSPECTIVE

Empathy means imagining how someone else feels and trying to see things from their point of view. When we understand different perspectives, we learn to be kinder and more respectful, which helps us build stronger friendships and communities. It also makes us more self-aware, because we notice how our own actions affect others. By practicing empathy, we take responsibility for what we say and do, which helps us grow and make better choices.

Example:

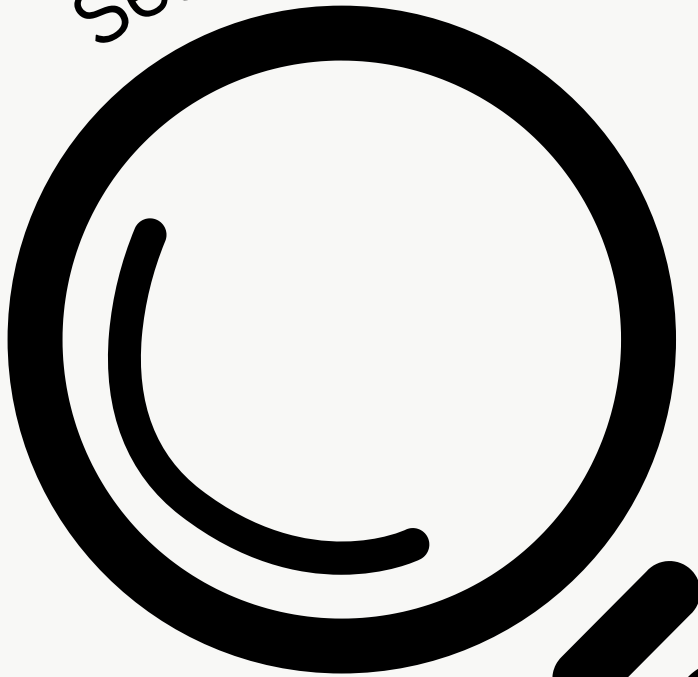
Imagine your friend drops their ice cream and feels really sad. Even if your ice cream is safe, you can still imagine how they feel—that's empathy! When you put yourself in someone else's shoes, it's easier to be kind and help them.

Challenge: Imagine someone's day from their perspective.

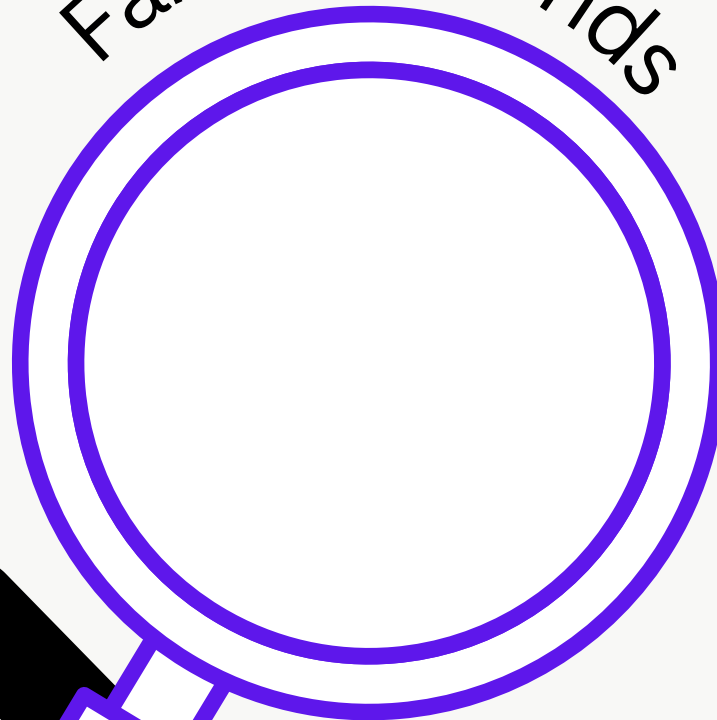
Reflection: Influences

How has self-awareness influenced your interactions this week?

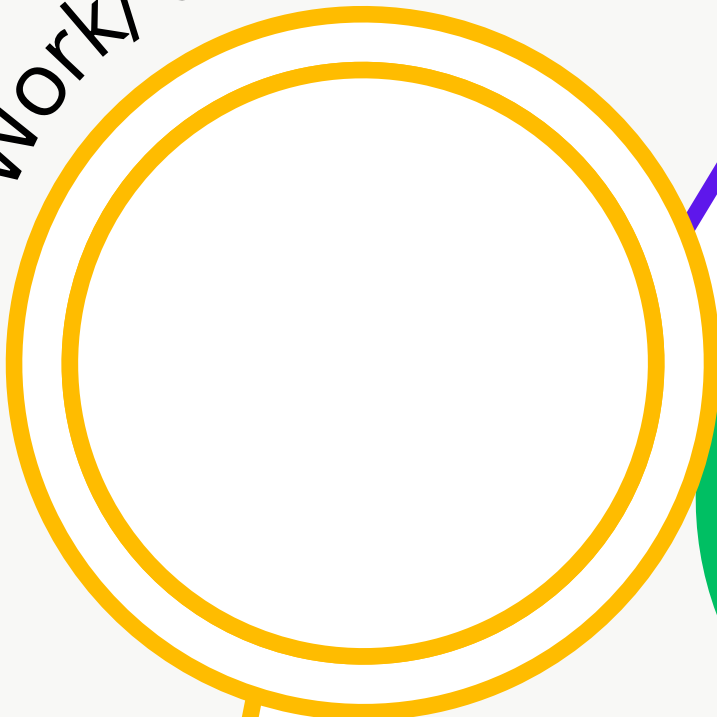
Self



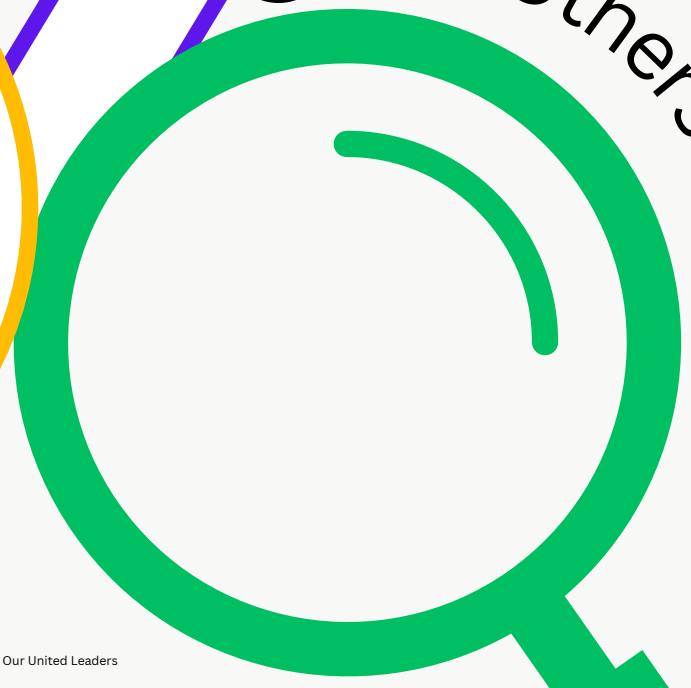
Family/ Friends



Work/ School/



Others





What activities make you lose track of time?

What drove you to do this activity?

Pursue passion and
happiness will follow.

How do those activities make you feel?

What is done in love is
done well."
-Vincent Van Gogh

Uncovering Your “Why”

The “5 Whys” Method

The “5 Whys” method is a problem-solving tool where you ask “why” up to five times to uncover the root cause of an issue—or the true reason behind a thought, emotion, passion, or problem. By moving past surface, it helps reveal deeper understanding of an issue.

Exercise: Use the “Whys” method to find your core purpose.

Problem/ Emotion

Why ?

Why ?

Why ?

Why ?

Why ?

Outside Your Comfort Zone

Challenge: Do one small thing that is slightly uncomfortable.

What was the task or goal that made me uncomfortable?

What was I feeling during the task?

Why did it make me uncomfortable?

Great job! Be proud of yourself for doing it.





Prompt: *How did you overcome a past challenge?*

Describe the challenge you faced?	
How did it make you feel?	What did the challenge teach you about yourself?
What personal strengths, actions, choices, or mindsets helped you overcome the challenge? How can you use this experience to help face future challenges?	

Draw a symbol or picture that represents your resilience and strength.

--



GROWTH MINDSET

Have you ever told yourself you can't do something? Well, that's a fixed mindset. A fixed mindset is a belief that skill, intelligence, and personality are unchangeable. A fixed mindset causes a person to avoid challenges out of fear of failure or proving themselves right. Let's change that thinking to a growth mindset. A growth mindset means believing you can improve with effort.

Fixed Mindset

"I'm bad at running."

Change

Growth Mindset

"With time and consistence, I will improve my running."

Do you want me to make more growth and fixed mindsets?

Fixed Mindset	Growth Mindset
"I'm horrible at public speaking."	
"I'm just a stubborn person, can't change that."	
	"Learning physics is challenging, but I know i can improve if I keep going."
"I'm already the best at writing."	

Exercise: Reframe a personal fixed mindset thought into a growth mindset one.



To My Future Self....

Exercise: Write a letter or visualize your future self in one year



REFLECTION: GOING FORWARD

What are 2
important insights
you've gained?

Which personal
strengths or skills
will you use moving
forward?

What steps can
you take to apply
these insights in
your life, school,
or work?

Day 22



Today, we are practicing mindfulness, so we want you to either go on a walk or practice mindful eating. Then, tell us about it using your senses.

Challenge: *Practice mindful eating or walking.*

What did you do: _____

What did you see:

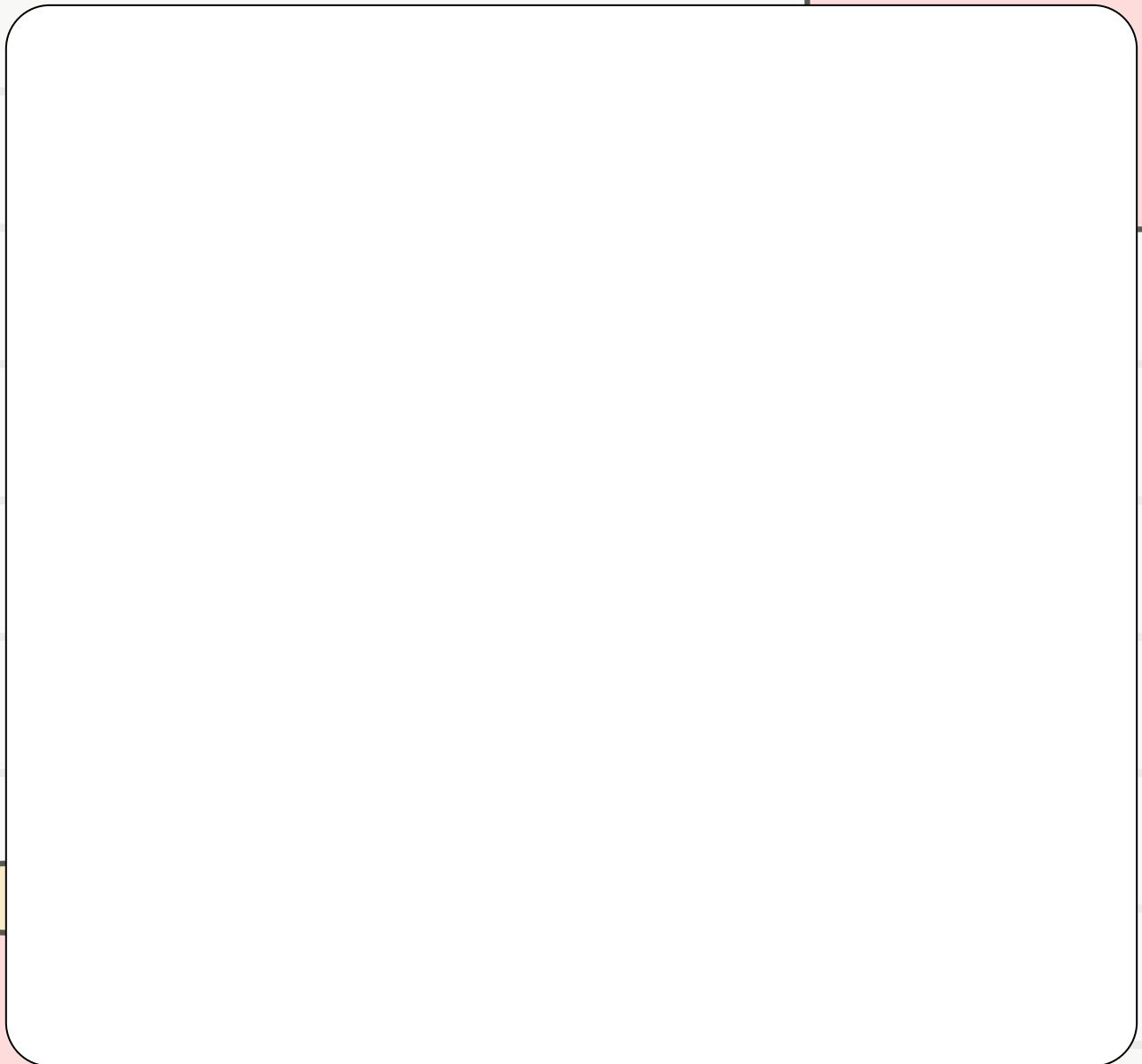
How did you feel?

What did you learn?



Self-Compassion

Prompt: Write a compassionate note to yourself.





TRIGGERS & RESPONSES

Prompt: How did you overcome a past challenge?

Spot the trigger: Think about something that tends to upset or frustrate you. Example: Being interrupted during a conversation.	
How do you normally respond?	How does my usual reaction affect me or others?
Plan a Healthier Response: What's a better way you can respond next time? Example: Take a deep breath and ask, "Can I finish what I was saying first?"	
What can you do to remember your healthier response?	

Rituals for Awareness

Exercise: Commit to one small, daily self-awareness ritual.

Choose a small daily ritual that helps you become more aware of your thoughts, feelings, or actions.

Examples:

- Take a 30-minute walk.
- Spend 5-10 minutes journaling in the evening before going to bed.
- Look in the mirror and repeat daily affirmations before starting your day in the morning.

My ritual: _____

How will this ritual help me increase self-awareness or stay grounded?

How will you remember to do it? Example: setting alarms, habit trackers.



Tip: Even a small daily ritual can create big changes in understanding yourself and your emotions.

The Power of Reflection

Challenge: Schedule 15 minutes for a quiet, distraction-free reflection

Today, we encourage you to make some more time for yourself as we continue to integrate new skills and build a sustainable way of life.

Step 1: Find a quiet or distraction-free area for your reflection, and get comfy.

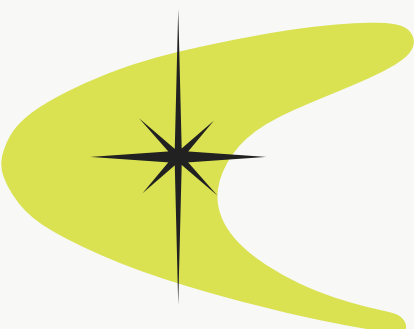
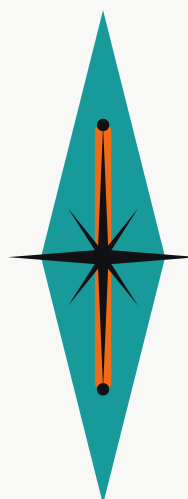
Step 2: Take a moment to relax and take in your surroundings.

Step 3: Reflect on your day, week, or month.

Step 4: Write about it or make a note of your experience.

What did you reflect on ? How did it make you feel?

What did you learn during this reflection?



/ /

It's important to slow down and notice the positive parts of your life, instead of only focusing on what's going wrong. When recognizing what you're thankful for, you become more aware of your emotions, values, and priorities. This type of self-awareness makes it easier to stay grounded, appreciate growth, and build healthier perspectives.

Types of Gratitude

Someone you
are grateful for



Something you
are proud of



A simple
pleasure



Something you
are thankful for
daily



Something you
look forward to

Exercise: List 5 things you are grateful for and why.

LET'S CELEBRATE!

CELEBRATE YOUR PERSONAL GROWTH.

Woooo!!!! What is that i see? A growing person!

Look how far you made it from day 1. You made it to day 28 already.

We are so proud of you for growing and persevering! So for your final prompt, lets acknowledge your progress.

Prompt: Look back at Day 1 and acknowledge your progress.

What did you learn about yourself?

What are your current beliefs and top values?

What was your favorite day so far of this challenge?

How have you used your new knowledge in your everyday life?



AWARENESS PLEDGE

[illegible]

Exercise: Write a personal pledge to continue this journey.

Day 30



Community & Connection

Thank you for going on this journey with SOUL. Time for your final prompt!

Prompt: *Share one insight that could benefit others.*

Take a picture and post your insight on social media and tag us on Facebook, Instagram, YouTube, or TikTok, so we can see your amazing insights.

@SOUL-Saving Our United Leaders

#MindBodyAndSOUL



Congratulations!

You did it!

You took the first steps in your self-awareness journey.



But remember, we never stop learning and improving. As long as we keep moving, we didn't fail.

