

Becoming More Aware of Your Thoughts, Feelings, and Patterns

Your thoughts, emotions, and behaviours hold important clues about what's happening beneath the surface.

This module is an invitation to pause and listen inward—so you can begin to recognise your patterns, understand what they're connected to, and get clearer on what you need.

Through journaling prompts and reflection, you'll explore how you relate to yourself—and where there's space for greater awareness, choice, and change.



Taking time to reflect through writing helps you slow down and connect more honestly with yourself



These questions are here to support you in becoming more familiar with your inner landscape. Not to fix or change anything—but to understand yourself more clearly. Let these prompts guide your attention inward.

- 1) What thoughts or feelings tend to repeat most often in my day-to-day life lately?
- 2) When do they usually show up, and what situations seem to trigger them?
- 3) What might these patterns be trying to tell me about what I need more or less of right now?

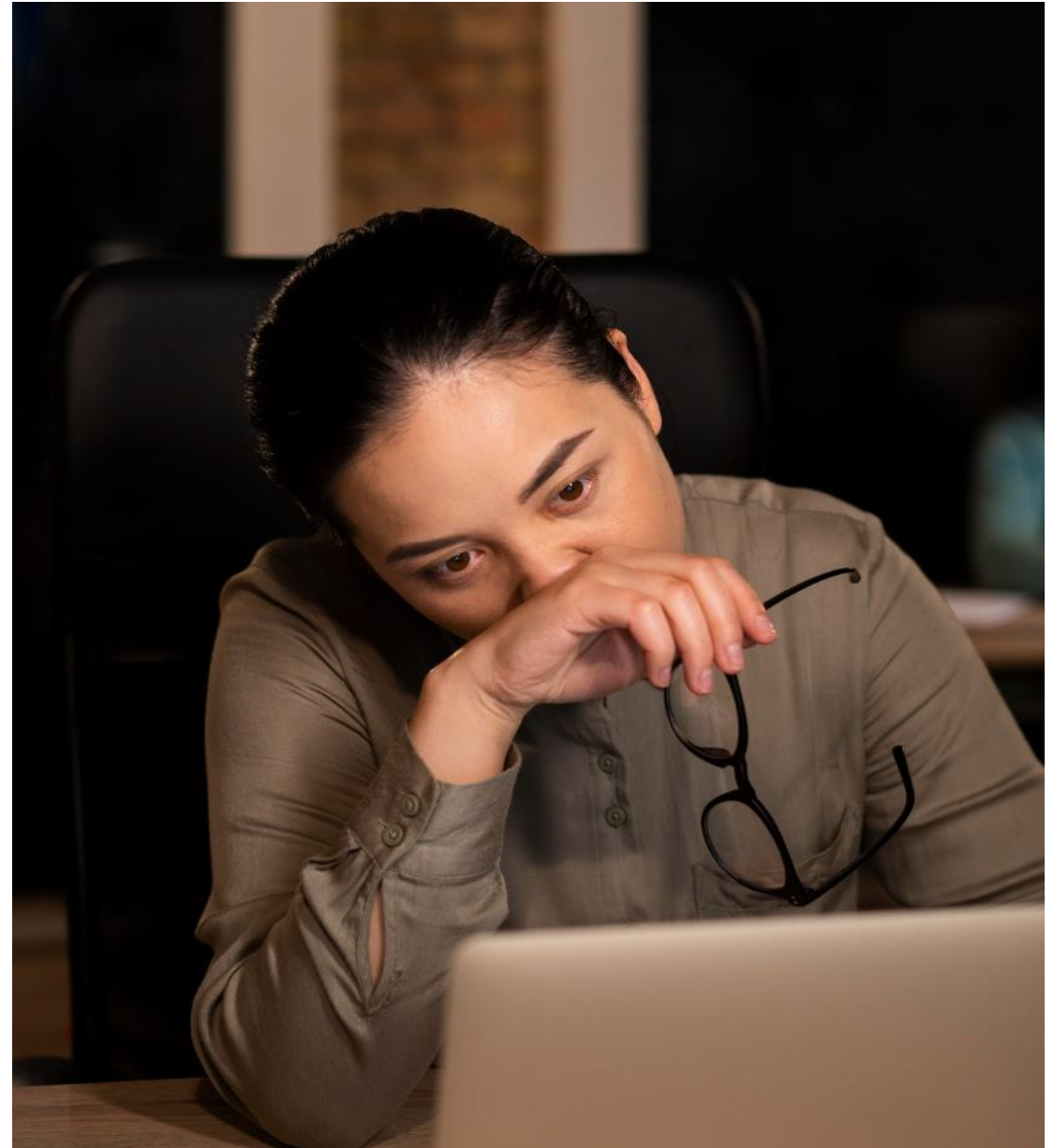
Journal Prompts

4) When do I feel most connected to myself?

- When do I feel disconnected?
- What's happening in those moments?
- What environment am I in, who am I with, and are there certain feelings or dynamics that support (or disrupt) my sense of connection?

5) What reactions or behaviours am I ready to understand with more compassion?

- Where might they come from?
- What would it feel like to notice them sooner—and respond with more awareness and choice?





Reflections to Explore Your Natural Strengths

- What are you naturally drawn to?
- What do you find yourself doing with ease?
- What have others reflected you're uniquely good at?

If it feels helpful, ask a few close people what they think you are good at, and why.

The Mirror of Admiration

- Who is someone you deeply admire?
- What do you admire about them? List at least three qualities.
- How might those same qualities live in you—even if you haven't claimed them yet?

We often admire traits in others that we subconsciously long to express more fully in ourselves. Sometimes they reflect a potential within us waiting to be acknowledged.



Your Favourite Place as a Reflection of Self

- What is one of your favourite places (real or imagined)?
- What makes it your favourite? What feelings does it evoke?
- What three qualities describe this place?

You may believe it's the place itself that gives you peace or joy—but often, you're simply giving yourself permission to feel what's already within you.

How might you give yourself permission to access peace or joy in this moment?

