Self-Observation: SELF-CARE

- *Invent, by declaration, an internal separation in yourself. Divide yourself into two persons, one who acts/reacts in life and one who observes and is passive in life.*
- *Using the questions below, begin to observe yourself in life. Observe quietly, passively. Observe your internal states as well as what you show the world.*
- *At the end of each day, scan through your day and note what happened and how you reacted. You may want to write notes so you can begin to notice patterns.*
- *At first, stop 3 times each day and answer the following questions. You may wish to write down your answers so you can begin to notice patterns.*
- *Later, move toward observing yourself in the moment of action, thought or feeling.*

During this period of time:

1. How will you stay in touch with your feelings?
2. How will you continually care for yourself?
   - emotionally?
   - physically (your body) ?
   - financially?
   - relationally?
   - spiritually?
3. Who will be part of your life on-goingly?
4. How will you stay on course in having what you want in your life?

Self-Observation: PERSONAL VISION

- *Invent, by declaration, an internal separation in yourself. Divide yourself into two persons, one who acts/reacts in life and one who observes and is passive in life.*
- *Using the questions below, begin to observe yourself in life. Observe quietly, passively. Observe your internal states as well as what you show the world.*
- *At the end of each day, scan through your day and note what happened and how you reacted. You may want to write notes so you can begin to notice patterns.*
- *At first, stop 3 times each day and answer the following questions. You may wish to write down your answers so you can begin to notice patterns.*
- *Later, move toward observing yourself in the moment of action, thought or feeling.*

During this period of time:

1. Specifically how do you drop your personal vision?
2. In what specific activities, conversations, relationships does your vision disappear?
3. Keep looking for recurring patterns and write them down as you discover them.
4. Then begin to inject your vision into those parts of your life you observed in #1 and #2.
5. 5. Keep working through steps #1-4.

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Self-Observation: Personal Mission Statement

- *Invent, by declaration, an internal separation in yourself. Divide yourself into two persons, one who acts/reacts in life and one who observes and is passive in life.*
- *Using the questions below, begin to observe yourself in life. Observe quietly, passively. Observe your internal states as well as what you show the world.*
- *At the end of each day, scan through your day and note what happened and how you reacted. You may want to write notes so you can begin to notice patterns.*
- *At first, stop 3 times each day and answer the following questions. You may wish to write down your answers so you can begin to notice patterns.*
- *Later, move toward observing yourself in the moment of action, thought or feeling.*

During this period of time:

1. In what ways were you aware of your personal mission statement?
2. How did your personal mission statement shape your actions, conversations and planning?
3. What distracted you from your personal mission statement?
4. What actions will you take from what you observed in this exercise?

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Practice: Basic Awareness of My Life

On a piece of paper, document your answers to the following questions:

1. **How is your life now? What's your experience of living it:**
   - at work?
   - at home?
   - in your relationships?
   - with your body?

2. **What's the balance of:**
   - action / reflection?
   - work / renewal?
   - new activity / continuing activity?

3. **What do you want your life to be like (in the above categories):**
   - during the coming year?
   - next year?
   - in two years?

4. **What is next for you:**
   - at work?
   - in your relationships?
   - with your body?
   - with your education?
   - in the contributions you want to make?

5. **What have you accomplished this year?**

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