

Increasing your awareness

While you are going about your life, STOP from time to time and get some awareness. Maybe you can set an alarm on your phone at random intervals to remind you.

- Notice when you are most focused
- Notice when you are enjoying yourself
- Notice when you have lost track of time
- Notice when you are angry,sad,fearful, hurt, guilty, depressed or anxious
- Notice when you are happy
- Notice when you are just neutral.

Note down this state.

In each of these times, if at all possible, also note down your thoughts:

- What are you doing?
 - What about it is important to you
- What are you thinking?
 - What about it makes you feel that way?
 - What would be a slightly better thought that you could choose to have instead?
- What can you be grateful for?

Use the table on the next page (photocopy as many as you need), or just record it in your notebook or on a phone.

Date/Time	What is your state/mood	What are you doing?	What is important about that?	What are your thoughts?	What about that makes you feel that way?	What would be a better thought?	What can you choose to be grateful for, now?