



## Module I: Developing Self-Awareness and Confidence

1. **Self-Reflection** is the process of introspectively examining your thoughts, feelings, behaviors, and experiences to gain a deeper understanding of yourself. It involves pausing to consider your actions, motivations, and the outcomes of your choices, which helps you identify areas for growth, recognize patterns, and make more informed decisions. Self-reflection can lead to personal development, increased self-awareness, and a clearer sense of your values and goals.

How do our bodies tell us when something is wrong or out of alignment?

- Anxiety
- Feeling like something is “off”
- Feeling sick
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2. **Strategies for reconnecting with yourself so you can have self-reflection** – When we feel something is off, we may need some time to self-reflect. How can you make a shift that will help you be able to self-reflect?

What are some different ways to do this?

- Journaling
- Saying “no” to something we feel obligated to do
- Saying “yes” to something that is a yes for us but we are afraid of
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3. **Identifying Personal Values** The values you were born with are what provide your *intrinsic* motivation for doing anything. IE:

- Truth
- Kindness
- Health
- Integrity
- Knowledge
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Your values come up when someone describes your personality or your character:

“She’s such a kind person.”

**Reflection: If someone were to describe you, what would they say?**

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#### 4. Values exercise:

Step 1: Refer to the list of values and mark **all** that are important to you.

**When determining your values, consider:**

- **Is this something that informs my actions?**
- **Is this a basis for my decision making?**
- **Is this a part of who I want to be in the fullness of who I am?**

Step 2: Then choose your top 10.

Step 3: Then from those, choose your **top 5** most important to you and list them here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. **Connections/Relations** Knowing yourself and how your beliefs, conditioning and expectations inform your relationships will help you have better connections and relationships with others.

**Reflection: What has kept you unable to set boundaries with ease and kindness?**

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### 3. Building Self-Esteem and Confidence

2 things that kill your self-esteem:

- \_\_\_\_\_
- \_\_\_\_\_

Exercises to boost self-esteem

List 5 things you do very well.

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List 5 things you've accomplished in your life.

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List 5 things you are grateful for.

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How do you celebrate your wins?

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Reflection: Where do you struggle most with your self-image and inner dialogue? What beliefs or self-judgments come up for you?

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**Identifying and Overcoming Limiting Beliefs.** Our beliefs about ourselves can get in the way of our boundary setting and we need to work with those as they come up. Just the thought of setting boundaries will bring them up for us.

Recognizing limiting beliefs related to boundaries. What beliefs came up for you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Strategies to challenge and change these beliefs

- Awareness is the first step.
- Replacing limiting beliefs with empowering ones
- If it's not an easy change, then your unconscious (UC) is using that belief somewhere else. You may need to do some work with your UC part that created it. This may require the support of a certified coach like myself.

Becoming neutral

- not care if you rock the boat
- know what results you are ok with
- place of acceptance with any outcome
- how to pivot to get your needs met
- releasing attachment to an outcome

Reflection: What is the number one belief you could change that would help you establish boundaries with more ease?

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Awareness:

- Notice when things are 'off' for yourself
- See if you can reconnect to yourself
- Notice how your values may differ from other people in your life
- Notice what you do well
- Notice beliefs that are present for you