



## **Useful Tips for Self-Awareness**

1. We don't truly know if we have genuinely learned something until we have attempted to put it into action.
2. The ego's pride tends to get upset and falls into self-rejection, blame, or denial when things don't live up to our expectations. This makes our path of personal growth unnecessarily hard.
3. When we accept that our life is a journey of continual learning, growth and awakening, we can then work harmoniously with what comes our way, rather than be in conflict with it.
4. You can only manage your life in the now. You cannot act yesterday or tomorrow.
5. Whether it is emotional healing, or achieving your goals, skilfully managing what you are experiencing in every moment will determine your success.
6. Worry, regret, guilt and resentment are a complete waste of time. Not only that, they are the destroyer of a positive future.
7. An essential factor in learning from the past is learning how to honour yourself and care for yourself now.
8. Accepting the past does not mean accepting unacceptable behaviour.
9. We can still say no to someone we have forgiven.
10. You can still hold people accountable for their actions if you can, but be very aware that seeking justice is not necessarily going to bring you healing and a bright future.
11. Carrying hate and resentment within your mind is self-destructive and keeps you dependent on and vulnerable to those you have resentment towards.
12. Guilt is about not forgiving yourself. Acceptance is another word for forgiveness.
13. A difficult past can become a benefit rather than be a burden because, when faced, it can enable us to grow stronger and more mature.
14. Worry is taking all the fear and confusion that your human-self has accumulated from the past and creating an imaginary future with it.
15. In reality, the ego knows nothing about the possibilities of the future. The ego is the

unhappy author of its own drama.

16. The inner-work of sorting out our own human confusion, by paying attention to and taking compassionate responsibility for what we are feeling, enables us to have the clarity to see the reality of what is in front of us.
17. Our future depends on how we take care of today, everyday.
18. Unrealistic expectations placed on children to get things right first time can have a deep negative impact on the rest of their lives.
19. Suffering under the pressure of such unrealistic expectations means fear and shame quickly invades the experience of learning, and trying new things soon becomes a source of anxiety.
20. In reality, one of the most joyful and satisfying experiences a child can have is the freedom and encouragement to explore new things.
21. If the parental guidance is appropriate, what the child will remember the most is the excitement of the achievement. The child grows up confident in his/her natural abilities and creative power. Disappointments are taken in one's stride without a sense of reduced self-worth.
22. Everything takes time to learn, no matter how academically clever we are and no matter how naturally adept we may be at something.
23. Being skilful at caring for your mind is the foundation for all your happiness and wellbeing.
24. Discipline in the form of persistence, determination and structure is essential for facing life's challenges and creating the life that you want.
25. Discipline brings with it freedom to be who you want to be, but only if this discipline serves the heart, the greater principles of your higher-consciousness.
26. Unfortunately, for many people, the word discipline brings up bad memories of being dominated by unskilful parents or other authority figures.
27. When discipline is rightly employed, our conscious-awareness develops a great strength of will that serves our highest good.
28. Setting up and persisting with daily routines such as reading, journaling and meditating, as a process of caring for our human-selves, develops an ability to stay above the old confusions and creates new life-sustaining habits.
29. Turning our life around can be hard at first, but as our life-sustaining habits become stronger and begin to overtake our old negative habits, life gets increasingly easier.
30. Discipline is much easier when you divide your time up into small chunks. Life is lived in small moments, which go together to make a bigger moment like a day or a week.

31. Conserve your energy by focusing on NOW. Every small effort is taking you forward. Only giving up or beating yourself up is taking you nowhere.
32. Aware consciousness is the knowing that no matter what comes and goes in the turbulent mind, consciousness can remain still and tranquil, ready to act.
33. Joy flows naturally from the heart of conscious-awareness, even in the midst of a difficult challenge.
34. Consciousness is like a higher will. In order for it to be a powerful force in our lives, it must be activated. We must actively exercise our power of choice and parent our human-selves.
35. If we don't face our fears, we don't access the power that enables us to transform our lives.
36. Those who are humble (which is a deep, quiet inner-strength) and wise know Unconditional Love as their foundation in life.