

Participant Workbook

45-Minute Inspiring, Healing, Training & Transformation Event

Based on Activate Your Self-Awareness Workbook

By Gerald Crawford

www.self-awareness.co.za

Self-Awareness Reflection

Who am I beyond my roles and responsibilities?

What thoughts repeat in my mind daily?

Emotional Awareness

What am I feeling right now?

What is this feeling trying to tell me?

Healing & Letting Go

What am I holding onto that no longer serves me?

What am I ready to release today?

Limiting Beliefs

What limiting belief do I hold about myself?

What empowering belief can I replace it with?

Self-Love & Connection

How can I support myself more?

What do I appreciate about myself?

Purpose & Action

What does my future self look like?

What is one action I will take after this session?
