

A person with long, light-colored hair is sitting in a field of tall grass, looking out over a body of water at sunset. The sky is a mix of soft pinks, oranges, and blues. The person is wearing a dark blue t-shirt and blue jeans. The grass is green and some plants have small white flowers.

Self-Awareness

HOW INTUNE ARE YOU TO YOU?

Love Kerri xo

www.kerrijarrett.com



WELCOME

I'm an Entrepreneur & Self-Awareness Mentor passionate about hair, health, and connecting with people. I am a Trichologist who empowers self-awareness through hair & design.

Balancing personal and professional pursuits, I began my entrepreneurial journey young, landscaping and selling art. Education in business, marketing, Cosmetology, and Trichology fueled my love for learning and problem-solving. Mentoring in entrepreneurship, self-awareness, and advocacy fulfills me.

With multiple in-person and online businesses, I prioritize working smarter, not harder. Additionally, my mindful jewelry-making and crystal work harmonizes with my mission to help individuals embrace self-awareness, redefine beauty, and live purposeful lives with intention.

Kerri xo

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Self-awareness is about knowing oneself, whereas mindfulness is a practice of being fully present and aware in the moment, and intuition serves as the inner guidance system that taps into our innate wisdom and insights. The more self-aware you are the more intuitive you will become.





WHAT IS SELF-AWARENESS

Self-awareness is a fundamental aspect of human consciousness, encompassing the ability to perceive and comprehend one's own thoughts, emotions, behaviors, and qualities. It involves the recognition and understanding of oneself as a distinct individual with unique attributes and experiences. Self-awareness goes beyond mere self-recognition and delves into a deeper level of introspection, allowing individuals to gain insight into their own motivations, desires, values, and beliefs.

By cultivating self-awareness, individuals develop a heightened sense of introspection and self-reflection, enabling them to explore their inner landscape with greater clarity. It involves the capacity to observe and analyze one's thoughts, emotions, and behaviours, as well as their impact on oneself and others. Self-awareness empowers individuals to make conscious choices aligned with their values and goals, as they become more attuned to their own strengths, weaknesses, and areas for personal growth. It fosters a deeper understanding of one's own identity, helping individuals establish a sense of purpose and meaning in their lives.

Self-awareness serves as a foundational element for personal development, emotional intelligence, and interpersonal relationships. It enables individuals to navigate life with greater authenticity and self-acceptance, leading to enhanced overall well-being and a more fulfilling existence.

SELF AWARENESS VS. MINDFULNESS

Self-awareness is about knowing oneself, whereas mindfulness is a practice of being fully present and aware in the moment. Mindfulness can contribute to the development of self-awareness.

Mindfulness, on the other hand, is a practice of being fully present and engaged in the current moment. It involves paying attention to one's thoughts, feelings, bodily sensations, and the surrounding environment without judgment. Mindfulness is often cultivated through various techniques such as meditation, breathing exercises, and focusing exercises.

While self-awareness can be developed through mindfulness practices, mindfulness itself is a broader concept that encompasses being present and aware of the current experience, whether it's the external environment or one's internal state. Mindfulness can enhance self-awareness by promoting a non-judgmental observation of one's thoughts, emotions, and physical sensations.



SELF-AWARENESS AND INTUITION

Self-awareness and intuition are two interconnected elements that can greatly enhance personal growth and decision-making. Self-awareness allows individuals to recognize their patterns, emotions, and behaviours, enabling them to make conscious choices aligned with their authentic selves. Intuition, on the other hand, is an inner sense of knowing that goes beyond logical analysis. It is a gut feeling or instinct that guides us towards the right path or decision.

When self-awareness and intuition work together, they create a powerful synergy. Self-awareness provides the foundation for recognizing and trusting intuitive signals, while intuition taps into our inner wisdom and helps us make decisions aligned with our true desires. Cultivating self-awareness and honing our intuition can lead to greater clarity, better judgment, and a more fulfilling and purposeful life journey.



THE MIND-BODY-SPIRIT CONNECTION

The mind-body-spirit connection is a powerful pathway to self-awareness.

The mind-body-spirit connection plays a crucial role in cultivating self-awareness. It recognizes that we are more than just our thoughts and physical bodies; we possess a deeper essence that encompasses our spirituality and values. By understanding and embracing this connection, we gain a holistic perspective of ourselves and our experiences.

Self-awareness within the mind-body-spirit framework involves recognizing the interplay between our thoughts, emotions, physical sensations, and spiritual beliefs. It requires us to tune in to our mental and emotional states, paying attention to the messages they convey. When we become aware of our thoughts and emotions, we can trace their origins and understand how they manifest in our physical bodies (Epigenetics). This awareness empowers us to identify patterns, triggers, and reactions within ourselves, enabling personal growth and transformation.

Mind, Body, Spirit means that our well-being comes from not just physical health, but from mental health and spiritual health as well. To be healthy, we must pay attention to all three aspects of our nature of the Mind, Body, and Spirit.

- The mind is affected by your body.
- The body is affected by your mind.
- The mind is affected by your spirit.
- The spirit is affected by the mind.
- Your body is affected by your mind and your spirit
- Your mind and spirit are affected by your body.

Albert Einstein stated that mind-body matter and energy are the same things.



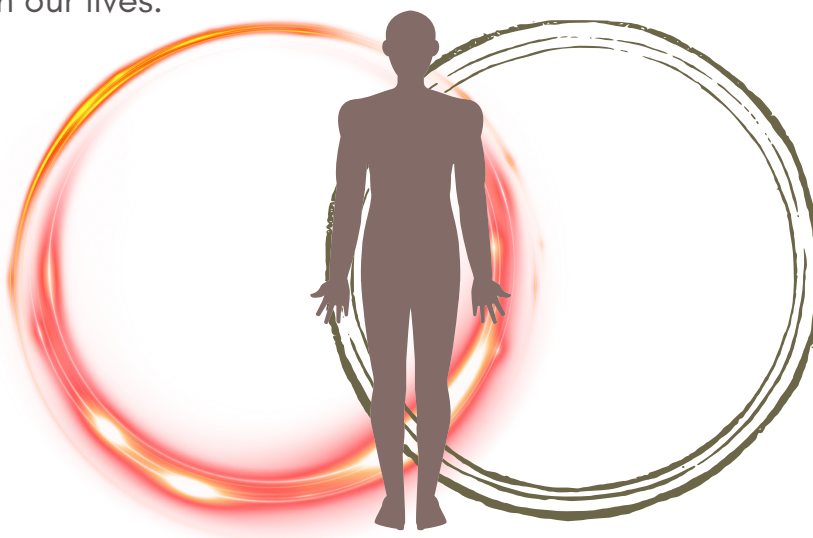
FEEDING OUR BODY FEEDING OUR SOUL

Nurturing our physical body involves adopting healthy habits such as maintaining a balanced diet with nutritious foods, engaging in regular exercise, prioritizing rest and sleep, staying hydrated, and managing stress. These practices support our physical well-being, allowing us to function optimally and maintain vitality.

To nourish our spirit body, or soul, we can cultivate practices that connect us with our inner essence and higher purpose. This includes mindfulness and meditation to quiet the mind and deepen self-awareness, engaging in reflective practices to explore personal values and align actions with our truth, connecting with nature to find solace and inspiration, pursuing meaningful activities that bring joy and fulfillment, and practicing gratitude and compassion towards ourselves and others (soul food).

..... add soul food explanation

By nourishing both our physical and spiritual bodies, we can achieve a more holistic sense of well-being, leading to a greater sense of wholeness, purpose, and fulfillment in our lives.



4.

In the pursuit of self-awareness, exploring the powerful interplay between the mind, body, and spirit can be a transformative journey. The mind-body-spirit connection is an intricate web of influences that shape our experiences and understanding of ourselves. In this post, we will delve into the profound relationship between the mind, body, and spirit, and explore how nurturing this connection can lead to heightened self-awareness and a more meaningful and harmonious life.

EXPLORE INTERPLAY BETWEEN THE MIND BODY AND SPIRIT

Recognizing the Interconnectedness: The mind, body, and spirit are not separate entities; they are interconnected aspects of our being. Each component impacts the others, and by recognizing this holistic connection, we open doors to a deeper level of self-awareness. When we nurture our bodies through exercise, proper nutrition, and restful sleep, we create a foundation for mental clarity and emotional well-being. Likewise, tending to our spiritual needs through practices like meditation, prayer, or connecting with nature can bring a sense of peace and harmony that positively influences our mental and physical states.

Cultivating Mindfulness and Inner Stillness: Practicing mindfulness and cultivating inner stillness can be transformative in developing self-awareness within the mind-body-spirit connection. Mindfulness allows us to be fully present in the moment, observing our thoughts, emotions, and physical sensations without judgment. By becoming aware of the mind's patterns and the body's responses, we gain insights into our inner landscape. Through practices like meditation, breathwork, or yoga, we create space for self-reflection, fostering a deep understanding of our thoughts, emotions, and their impact on our overall well-being.

3. Embracing Emotional Intelligence: Emotional intelligence is an essential aspect of self-awareness within the mind-body-spirit connection. It involves recognizing and understanding our own emotions and the emotions of others. By developing emotional intelligence, we can identify how our emotions manifest in our bodies and how they influence our thoughts and behaviors. This awareness enables us to navigate our emotions more effectively, respond rather than react, and build deeper connections with ourselves and those around us.
4. Aligning with Purpose and Values: The mind-body-spirit connection serves as a compass guiding us towards our purpose and values. Taking the time to reflect on our core beliefs, passions, and aspirations allows us to align our actions and choices with what truly matters to us. When we live in alignment with our purpose and values, we cultivate a sense of authenticity and inner harmony. This alignment fosters self-awareness as we become attuned to our passions, strengths, and the impact we want to make in the world.

So, let us honour the mind-body-spirit connection and embark on the beautiful journey of self-awareness, embracing the profound wisdom that emerges from within.





PHYSICAL BODY CONNECTION & SELF-AWARENESS

Have you ever considered the profound connection between your physical body and self-awareness? It's fascinating how our bodies hold valuable insights and play a significant role in deepening our understanding of ourselves.

- **The Body as a Messenger:** Our bodies are incredible messengers, constantly providing us with valuable information about our emotions, thoughts, and overall well-being. Paying attention to bodily sensations can offer insights into our inner states. For example, tension in the shoulders may indicate stress or anxiety, while a racing heart might signify excitement or fear. Hair loss can signal a type of stress you are dealing with. By tuning into these physical cues, we can gain a deeper awareness of our emotional and mental states, allowing us to respond with intention and self-care.
- **Embodied Presence and Mindfulness:** Practicing mindfulness and cultivating an embodied presence can significantly enhance self-awareness. When we engage in activities such as yoga, tai chi, or mindful movement, we connect our minds and bodies, fostering a harmonious union. By focusing on the present moment and bodily sensations, we become more attuned to our physical experiences. This heightened awareness enables us to better understand our physical limitations, strengths, and areas where we may hold tension or discomfort. Through this connection, we can explore the mind-body relationship and gain a profound understanding of how our physical and mental well-being intertwine.

- **The Wisdom of Body Language:** Our bodies communicate through nonverbal cues and body language, which can offer valuable insights into our own behaviors and those of others. Observing our body language during different situations provides a window into our emotions, confidence levels, and subconscious reactions. For instance, crossed arms might indicate defensiveness or closed-mindedness, while an open posture signifies openness and receptivity. Developing an awareness of our body language empowers us to make conscious choices in how we present ourselves and how we interpret the physical cues of others.
- **Body-Based Self-Care Practices:** Engaging in body-based self-care practices fosters self-awareness and promotes overall well-being. Nurturing our physical bodies through activities like exercise, proper nutrition, restful sleep, and relaxation techniques allows us to develop a deeper connection with ourselves. These practices not only support our physical health but also create space for introspection and self-reflection. When we prioritize self-care, we honor the mind-body connection and provide ourselves with the necessary foundation for personal growth and self-awareness.

Recognizing and nurturing the connection between our physical bodies and self-awareness is a powerful endeavour. By listening to the wisdom of our bodies, practicing mindfulness, being attuned to body language, and engaging in body-based self-care, we embark on a transformative journey of self-discovery.



NURTURING THE SPIRITUAL BODY CONNECTION FOR SELF- AWARENESS

In our quest for self-awareness, it is essential to recognize and cultivate the spiritual body connection. The spiritual dimension of our being encompasses our inner essence, our connection to something greater than ourselves, and our sense of purpose and meaning in life; it is our conscious and unconscious. When we foster a deeper understanding of this connection, it can profoundly impact our self-awareness and overall well-being.

The spiritual body connection goes beyond religious beliefs or practices; it is a recognition of our inherent interconnectedness with the world around us. It involves nurturing our inner spirituality, exploring our beliefs and values, and connecting with our intuition and inner wisdom. By acknowledging and nourishing this connection, we open ourselves to a profound source of self-awareness and personal transformation.

Self-awareness is enhanced when we align our actions, thoughts, and emotions with our spiritual values. Understanding our true selves at a spiritual level allows us to make conscious choices that align with our authentic nature. It helps us gain clarity on our life purpose and guides us in pursuing goals and activities that bring us joy, fulfillment, and a sense of meaning.



THE SENSES

PHYSICAL

AND

SPIRITUAL

WE ARE MADE UP OF ENERGY
FEELING AND SENSING ENERGY



BENEFITS OF SELF-AWARENESS

Self-awareness refers to having a clear understanding of your own thoughts, emotions, motivations, and behaviours. Cultivating self-awareness has several benefits:

1

EMOTIONAL INTELLIGENCE:

When you are self-aware, you are better able to recognize and understand your own emotions, as well as how they affect your thoughts and actions. This allows you to manage your emotions more effectively and make better decisions.

2

PERSONAL GROWTH AND DEVELOPMENT:

By being aware of your strengths, weaknesses, values, and beliefs, you can identify areas for improvement and take steps to develop yourself further. Self-awareness also helps you set meaningful goals and align your actions with your values.

3

IMPROVED RELATIONSHIPS:

When you are aware of your own emotions, triggers, and patterns of behaviour, you can communicate more effectively, empathize with others, and manage conflicts constructively. Self-awareness also enables you to recognize and understand the perspectives and emotions of others, fostering greater empathy and connection.

4

ENHANCED DECISION-MAKING:

By understanding your own biases, preferences, and values, you can make choices that align with your authentic self and long-term goals. Self-awareness also helps you avoid impulsive or reactive decision-making and promotes a more thoughtful and rational approach.

5

STRESS REDUCTION AND WELL-BEING:

When you are aware of your own needs, limits, and boundaries, you can make self-care a priority and take steps to manage stress effectively. Self-awareness also helps you identify and change negative thought patterns or behaviours that may be causing distress, promoting a greater sense of peace and balance.

6

SPIRITUAL INTELLIGENCE:

It involves exploring your own spiritual experiences, beliefs, and values. Through self-reflection and understanding, you can connect with something greater than yourself, recognize spiritual experiences, and align your actions with spiritual principles. Self-awareness enhances your ability to be present, practice mindfulness, and nurture empathy and compassion for others' spiritual journeys.





INTENTION SETTING AND SELF-AWARENESS

Intention setting is a powerful practice that involves consciously directing our focus and energy towards specific goals, values, or desired outcomes. It goes hand in hand with self-awareness, as understanding our true desires, motivations, and aspirations forms the foundation for setting authentic intentions.

Setting intentions with self-awareness brings conscious awareness to our actions and choices. It allows us to live purposefully and intentionally, rather than being swept away by external circumstances or societal pressures. By reflecting on our values and desired outcomes, we can align our intentions with our long-term goals, personal growth, and overall well-being.

Self-awareness plays a vital role in intention setting by providing the necessary honesty and authenticity. It allows us to examine our intentions and explore the underlying motivations behind our desires. Through self-awareness, we can distinguish between intentions driven by external pressures or fleeting desires and those rooted in our true selves. It also helps us recognize when our intentions may be conflicting or misaligned with our values, enabling us to make necessary adjustments and course corrections.

SELF-AWARENESS AND BUSINESS

Self-awareness and business intuition are essential for success. Self-awareness is understanding oneself, strengths, weaknesses, values, and motivations. It enables informed decisions, leveraging strengths, and effective navigation of challenges. Intuition, on the other hand, taps into inner knowing beyond logic, providing valuable insights and instincts. It aids confident decision-making, identifying trends, and anticipating market shifts. Combining self-awareness and intuition creates a powerful synergy. Self-awareness supports understanding intuitive signals, while intuition enhances self-awareness by tapping into inner wisdom. Both empower individuals to make informed choices, leverage strengths, and navigate uncertainties for a fulfilling and prosperous business journey.



HOW TO PRACTICE SELF-AWARENESS

Practicing self-awareness involves engaging in various techniques and activities to deepen your understanding of yourself.

Here are some effective ways to cultivate self-awareness:

1. **Mindfulness Meditation:** Set aside dedicated time each day to practice mindfulness meditation. Focus on observing your thoughts, emotions, and bodily sensations without judgment or attachment. This practice enhances present-moment awareness and helps you develop a deeper connection with yourself.
2. **Journaling:** Maintain a journal where you can regularly reflect on your experiences, thoughts, and feelings. Write freely and honestly, allowing yourself to explore your inner world. Journaling promotes self-reflection and introspection, aiding in the development of self-awareness.
3. **Seek Feedback:** Actively seek feedback from trusted friends, family members, or mentors. Their insights can provide valuable perspectives on your strengths, weaknesses, and blind spots, helping you gain a more comprehensive understanding of yourself.
4. **Self-Reflection Exercises:** Engage in activities that prompt self-reflection, such as asking yourself thought-provoking questions about your values, goals, fears, and aspirations. Take time to analyze your behaviors, reactions, and patterns of thinking to gain insights into your motivations and underlying beliefs.



5. Mindful Observation: Practice observing yourself and your interactions with others in real-time. Pay attention to your thoughts, emotions, and behaviors during different situations. This awareness allows you to make conscious choices and identify areas where personal growth is needed.
6. Emotional Awareness: Develop the ability to recognize and understand your emotions. Take note of how different situations elicit emotional responses within you. Explore the underlying causes of these emotions and their impact on your thoughts and behaviors.
7. Self-Awareness Tools: Utilize self-assessment tools or personality assessments like the Myers-Briggs Type Indicator (MBTI) or the Enneagram to gain insights into your personality traits, strengths, and areas for development.

Remember, self-awareness is a lifelong journey that requires patience and practice. Regularly engaging in these techniques and activities will gradually deepen your self-awareness, leading to personal growth and a greater understanding of yourself.





EXPLORING THOUGHTS

Self-awareness is a journey of deepening our understanding of ourselves and fostering a stronger relationship with our inner world. Various tools can aid in this process, serving as prompts for self-reflection and connection. I like to use worksheets, as they can provide guided exercises to navigate the path of self-awareness and explore the intricacies of our thoughts, emotions, and experiences.

Search for self-awareness prompting worksheets, as they offer a unique opportunity to delve into different aspects of self. They invite us to reflect on our values, beliefs, strengths, and areas for growth. Through introspective questions and prompts, they encourage us to examine our patterns, triggers, and behaviors, unveiling insights that can lead to personal growth and transformation.

By engaging with these worksheets, we embark on a journey of self-discovery, self-reflection, and self-compassion. They offer a safe space to explore our desires, fears, and aspirations, fostering a deeper connection with ourselves. Through this intentional practice, we develop a greater awareness of our inner landscape, cultivating self-acceptance and nurturing our relationship with self.

As we navigate this journey of self-awareness, these worksheets become valuable companions, guiding us through the layers of our being. They empower us to dig deeper, confront limiting beliefs, and unlock our true potential. With each reflection and connection made, we inch closer to a more authentic and fulfilling life—a life lived in alignment with our values, passions, and purpose. Embracing these tools, we embark on a profound exploration of self, nurturing self-awareness and fostering a harmonious relationship with ourselves.

WORKSHEETS

SELF-AWARENESS

Here are some worksheets I often use, I thought that may help you start your journey, you do not need to use them, but I found these ones helpful for myself to start the journey. When using these worksheets, feel free to explore them in the order that resonates with you. There is no specific sequence to follow; trust your intuition and begin where you feel guided. Remember, journaling is a powerful tool for tapping into your self-awareness and accessing your own inner wisdom.

1. I am a human being that...
2. Exploring emotions
3. Thought Record
4. When I feel worried
5. Self Assessment
6. My negative thought

Find a quiet and comfortable space where you can focus and be present. Take a few deep breaths to center yourself and create a calm mindset. Start by selecting a worksheet that captures your interest or aligns with a specific aspect of self you wish to explore.



SELF AWARENESS

READ THE PROMPTS BELOW AND THINK ABOUT THE FIRST THING THAT COMES TO MIND. FILL YOUR ANSWERS OUT IN THE BLANK BOXES.

I AM A HUMAN BEING THAT...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
WOULD GIVE	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	

EXPLORING EMOTIONS

Can you recognize your emotions?

How do you feel when it is your birthday?

How do you feel when you fail a test?

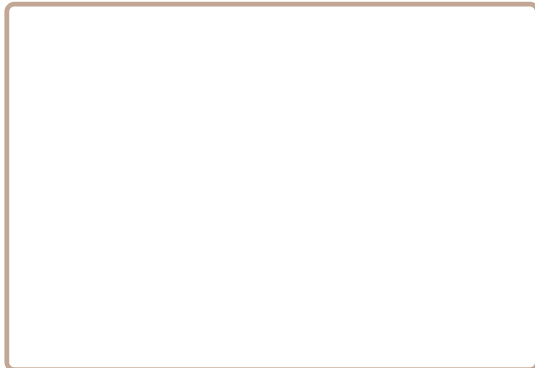
How do you feel when it rains?

How do you feel when someone hugs you?

How do you feel when you have a nightmare?

Can you express and explain your emotions?

Think how you feel at this moment and draw it. Then explain why you feel this way.



THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

EVENT

What happened?

FEELINGS

How did it make me feel?

THOUGHTS

What was I telling myself when the event was happening?

BEHAVIOUR

What was my response to the situation?

SUPPORTIVE EVIDENCE

Why is my thought true?

NON-SUPPORTIVE EVIDENCE

Why might my thought not be true?

WHEN I FEEL WORRIED

Things that make me feel worried are:

This is how my face looks:

My body responds by:

The opposite of feeling worried is:

My face when I feel this way:



Things I can do to help myself feel more secure:

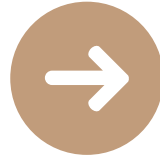
SELF ASSESSMENT

How do I feel at this moment?

What am I putting off?

Overall well-being									
1	2	3	4	5	6	7	8	9	10
I get enough sleep					I spend time to recharge				
1	2	3	4	5	1	2	3	4	5
I have a healthy eating habit					I keep my space clean				
1	2	3	4	5	1	2	3	4	5
I exercise my body regularly					I take care of my hygiene				
1	2	3	4	5	1	2	3	4	5

NEGATIVE



POSITIVE

My negative thought:

Evidence for my thought:

Evidence against my thought:

How can I reframe my negative thought to a more realistic one?



JOURNALLING

Journaling, one of my favourite ways to connect with my higher self; i is a transformative practice that offers numerous benefits on our journey of self-discovery and personal growth. It serves as a sacred space where we can express ourselves freely, reflect on our experiences, and gain deeper insights into our thoughts, emotions, and aspirations.

By putting pen to paper, we tap into the wellspring of our inner wisdom and unlock a treasure trove of self-awareness. Journaling allows us to explore our dreams, fears, and desires, providing clarity and a sense of direction. It helps us untangle our thoughts, process our emotions, and find solace during challenging times.

If you're interested in diving deeper into the realm of journaling, I invite you to visit my website, Sentimental Gems. There, you'll find a collection of journaling exercises, including the practice of channeling. Channeling allows you to connect with your higher self or tap into universal wisdom, gaining profound insights and guidance through your writing.

So, grab a journal and embark on this empowering journey of self-reflection and self-discovery. Unleash your creativity, express your authentic voice, and witness the transformative power of journaling. Visit SentimentalGems.com to explore a variety of journaling exercises and unlock the hidden gems within you. Happy journaling!

JOURNALING PROMPTS

23 Self-Awareness Questions to Ask

Self-awareness questions on values and life goals

1. What does your ideal “you” look like?
2. What kinds of dreams and goals do you have?
3. Why are these dreams or goals important?
4. What is keeping you from these dreams or goals?
5. Rank 5-10 of the most important things in your life in your career, family, relationships and love, money, etc.
6. Now think about the proportion of time you dedicate to each of these things.
7. What would you recommend to your children to do or not to do?

Self-awareness questions on personality

1. Describe yourself in three words.
2. Ask yourself if your personality has changed since childhood.
3. Is your personality like either of your parents?
4. What qualities do you most admire in yourself?
5. What is your biggest weakness?
6. What is your biggest strength?
7. What things scare you?
8. Do you make decisions logically or intuitively?
9. How would you complete the question: “What if?”.

Self-awareness questions on relationships

1. Describe your ideal intimate relationship.
2. How satisfied are you in your current relationship?
3. Who would you call if you only had a few minutes to live? What would you say?
4. Who have you loved the most?
5. Of all the relationships you have had, describe the best moment.
6. Describe a devastating moment in terms of relationships.
7. Ask yourself if you treat yourself better than others?

These questions are designed to make you think. Answering these questions is a powerful method of self-discovery.

BONUS SELF-AWARENESS PRINTABLES

The following pages offer a collection of self-awareness printables of exercises that you can use as you feel guided. These exercises provide a diverse range of tools and techniques to deepen your self-awareness and explore different aspects of your being. Use them at your own pace, following your intuition and choosing exercises that resonate with you in the present moment.

Each exercise is designed to prompt self-reflection, introspection, and personal growth. They may involve journaling, mindfulness practices, visualization, or other forms of self-exploration. Feel free to select exercises based on what feels most relevant and meaningful to your current journey.

Remember, there is no right or wrong way to approach these exercises. Allow yourself to be fully present, open, and curious. Embrace the process of self-exploration and trust that each exercise will serve as a stepping stone on your path towards greater self-awareness and personal growth.



YOUR SELF-AWARENESS IS LOW IF YOU HAVE THESE TRAITS

You don't want to admit your mistake.

You deny your own feelings.

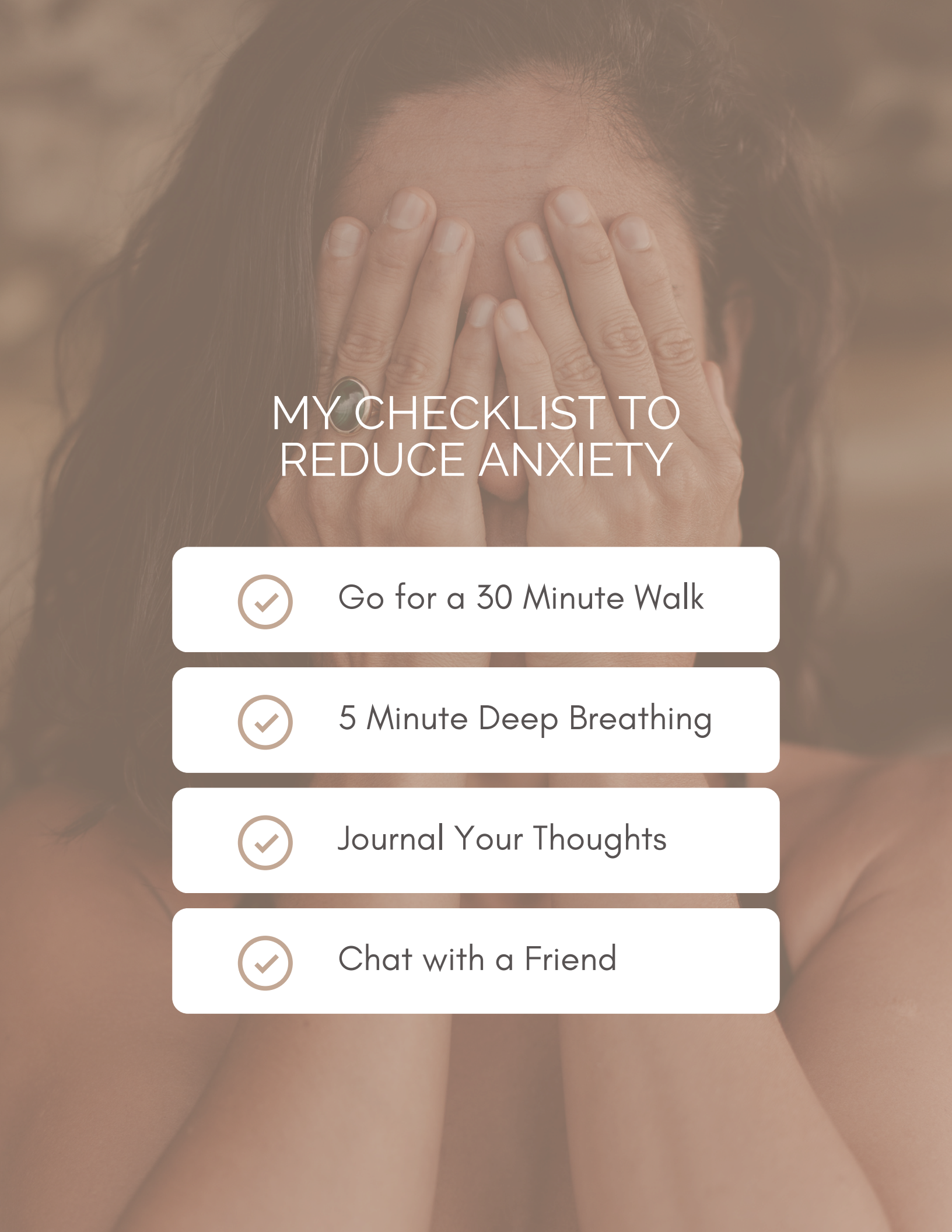
You like to criticize other people.

You are extremely indecisive.

You are constantly worrying about the future.

You can't let go of what already happened.

You only pay attention to the dominant emotion.



MY CHECKLIST TO REDUCE ANXIETY



Go for a 30 Minute Walk



5 Minute Deep Breathing



Journal Your Thoughts



Chat with a Friend

PRACTICE MINDFULNESS

01

Take a few moments to breathe deeply and calm your mind.

02

Focus on the sensation of your feet touching the ground as you walk.

03

Take a few moments to notice and appreciate the people around you.

04

Practice acceptance of what is, without trying to change or control the situation.

05

Take a few moments to express gratitude for your body and all that it does for you.

06

Practice self-compassion by offering kind and supportive words to yourself.

07

Take a few moments to appreciate the beauty of a sunrise or sunset.

The Benefits of MINDFULNESS

1. Stress Reduction

Got it.



2. More Enjoyment

Got it.



3. Less Reactivity

Got it.



4. Relationship satisfaction

Got it.



MINDFUL MINUTE

If you had 60 seconds to
pause and reset, what would
you do?

Say it outloud!

HOW TO DEAL WITH BEING OVERWHELMED

Emotional overwhelm entails more than being stressed. By definition being emotionally overwhelmed means to be completely submerged by your thoughts and emotions about all of life's current problems, to the point where you lack productivity and feel frozen or paralyzed.

PRACTICE MINDFULNESS

Take a few deep breaths. Notice your behavior and feeling without judgment or reaction.

LABEL AFFECT

This is a "neuroscience" way of saying: Name what you're feeling. "I am feeling (nervous/anxious/stressed/overwhelmed)."

REFRAME YOUR THOUGHTS

Change your mindset to see your current situation from a different perspective. View your stressful situation as a challenge you have prepared to overcome.

SHIFT TO EXCITEMENT

From a biological perspective, feeling anxious is much the same as feeling excited: rapid breathing, wide eyes, sweaty palms, fast heart rate.

2-step Guide to Mindful Gratitude

A hand holding a small branch with yellow flowers and green leaves against a warm, golden background. The hand is positioned at the bottom, with fingers gently gripping the stem. The branch extends upwards, featuring several small, bright yellow flowers and a few green leaves. The background is a soft, out-of-focus golden light, creating a warm and serene atmosphere.

01

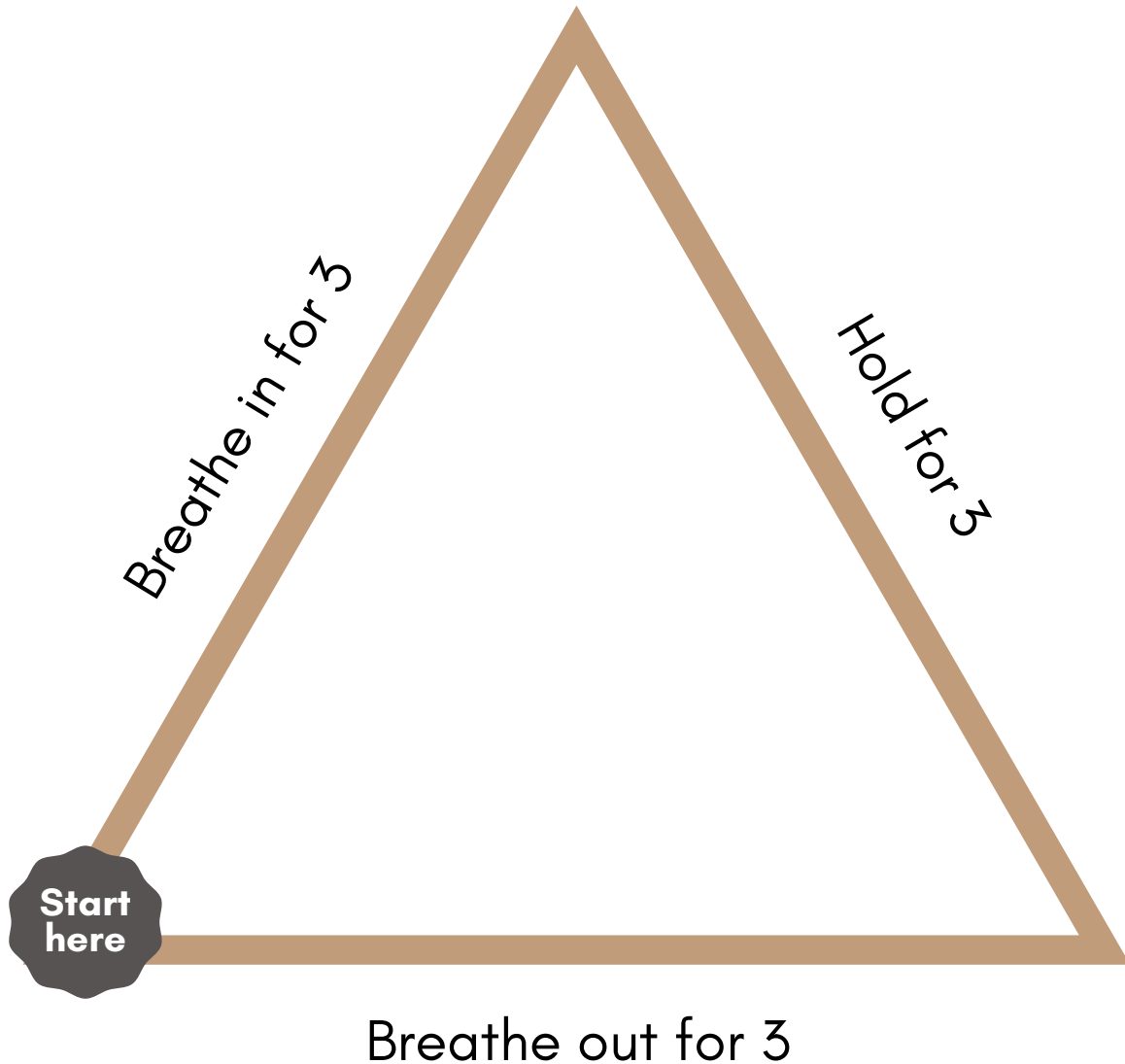
Start by observing. How many thanks did you say today? How are you feeling when you express thanks?

02

Recall the instance you said thanks today. What were you grateful for?

TRIANGLE BREATHING

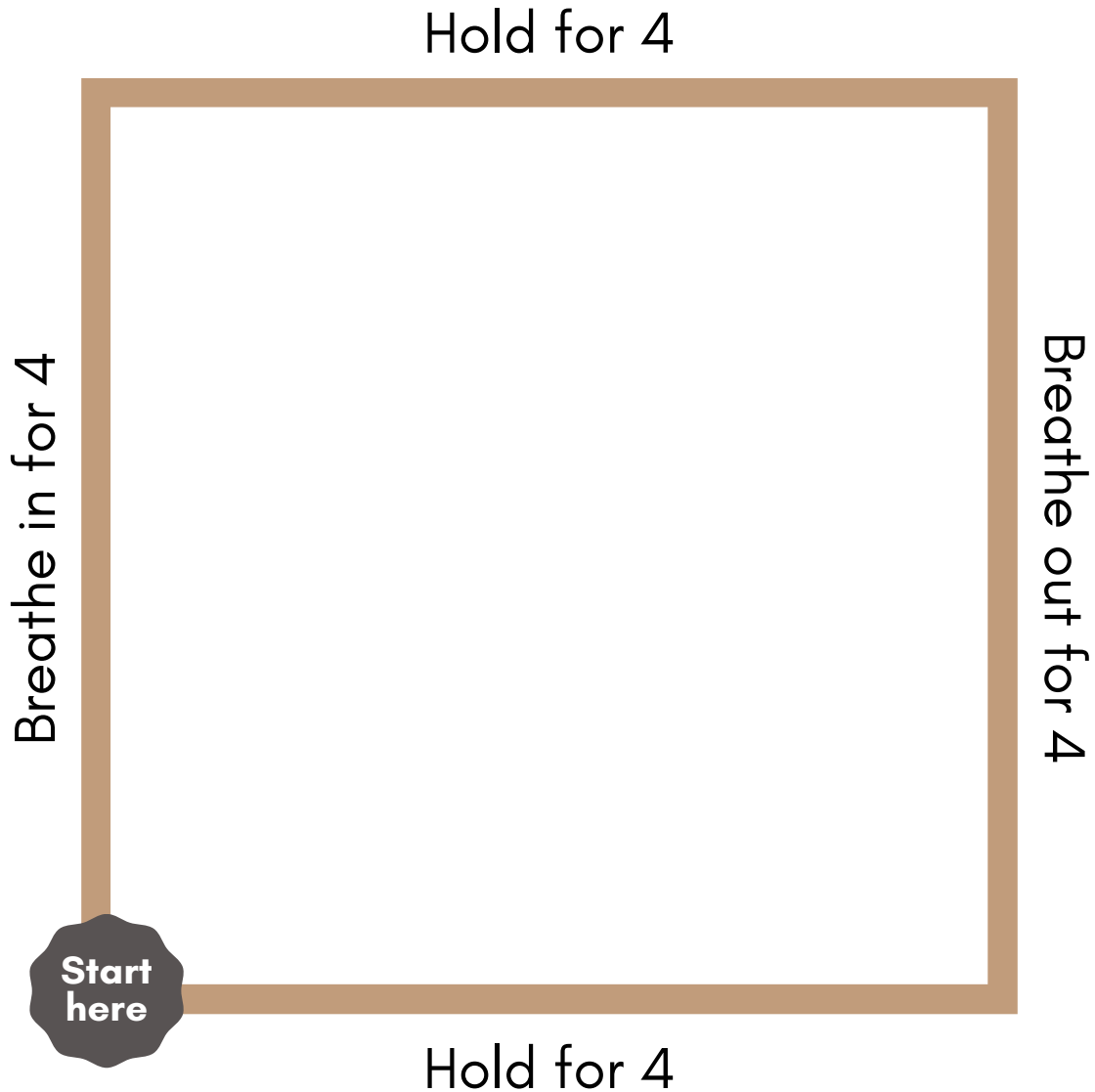
brain break



Starting at the left bottom of the triangle. Trace your finger up the side while you take a deep breath in. Hold your breath for three seconds as you slide down the other side. Breathe out along the bottom of the triangle. Repeat it until you are calm.

SQUARE BREATHING

brain break



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

5-4-3-2-1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.

Instructions: Sitting or standing, take a deep breath in, and complete the following questions.

5



5 things you can see

4



4 things you can touch

3



3 things you can hear

2



2 things you can smell

1



1 thing you can taste

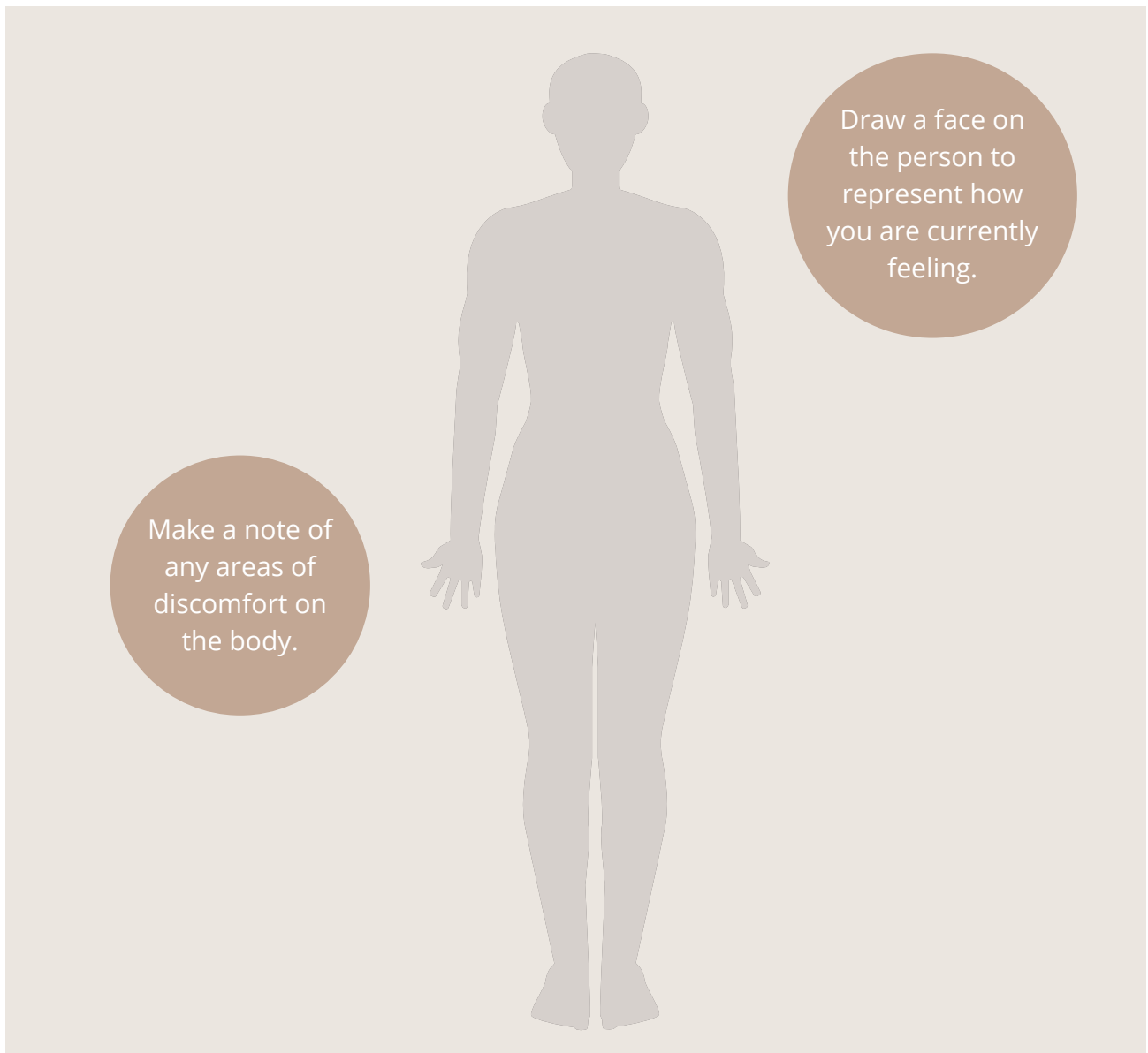
BODY SCAN

Close your eyes.

Take a deep breath in through your nose, and out through your mouth.

Starting with the top of your head, become aware of how your body feels.

Slowly move down your body, noticing how each body part feels, down to your toes.





The final mystery is
oneself.

OSCAR WILDE



I want to express my heartfelt gratitude for taking the time to read my material. Your presence and attention mean the world to me, and I truly appreciate your support. If you found value in what I have shared and it resonates with you, I kindly ask you to consider following me and sharing my content with your friends. Remember, time is a precious gift that cannot be replaced, and I am deeply grateful that you have chosen to invest your time in me. Thank you once again, and I look forward to continuing this journey together.

Kerri xo

GIFT FOR YOU

I want you to enjoy an exclusive 35% discount on your next purchase at Sentimental Gems. Discover our handcrafted jewelry and tools, infused with the energy of crystals to set intentions. Enter code [SELF-AWARENESS] at checkout.

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Kerri xo

Owner & Creator
Sentimental Gems





Thank You

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