

RAISING AWARENESS

A WORKBOOK FOR POSITIVE CHANGE



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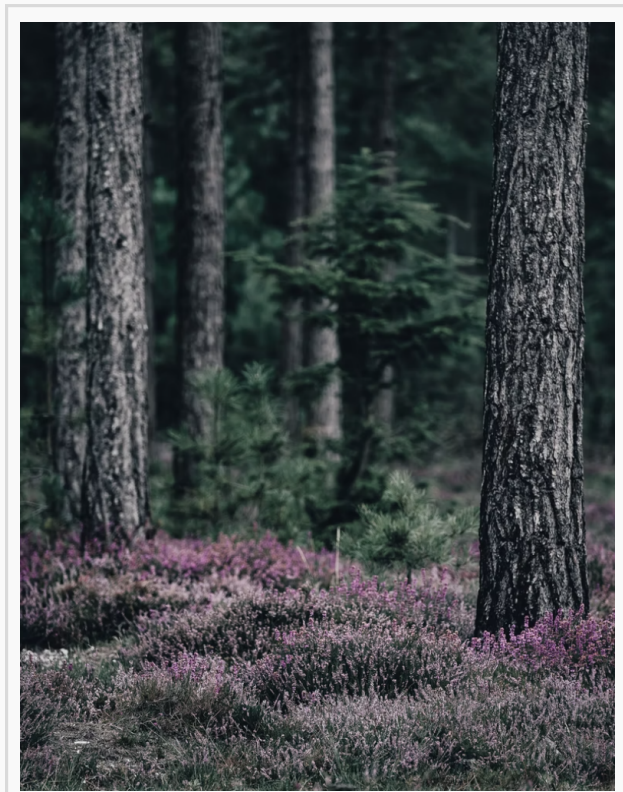
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RAISING AWARENESS

A WORKBOOK FOR POSITIVE CHANGE

**Raising Awareness is the greatest instigator of positive change.
Once we are aware, we cannot help but change.**

**Enjoy this workbook as a Guide
in Leading and Being the Change in your Life.**



3 Nuggets Within:

- 01 Wheel of Life Reflection Exercises**
- 02 General Life Awareness Questionnaire**
- 03 Daily Journaling Guide To increase Gratitude, Insights and Learnings 'What we Focus on Grows'**

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THE WHEEL OF LIFE

This exercise is a powerful tool.

It brings your life in focus and empowers you to prioritize which areas to give your attention to. It can be used again and again, every 6 months for example, to review, renew and reset.

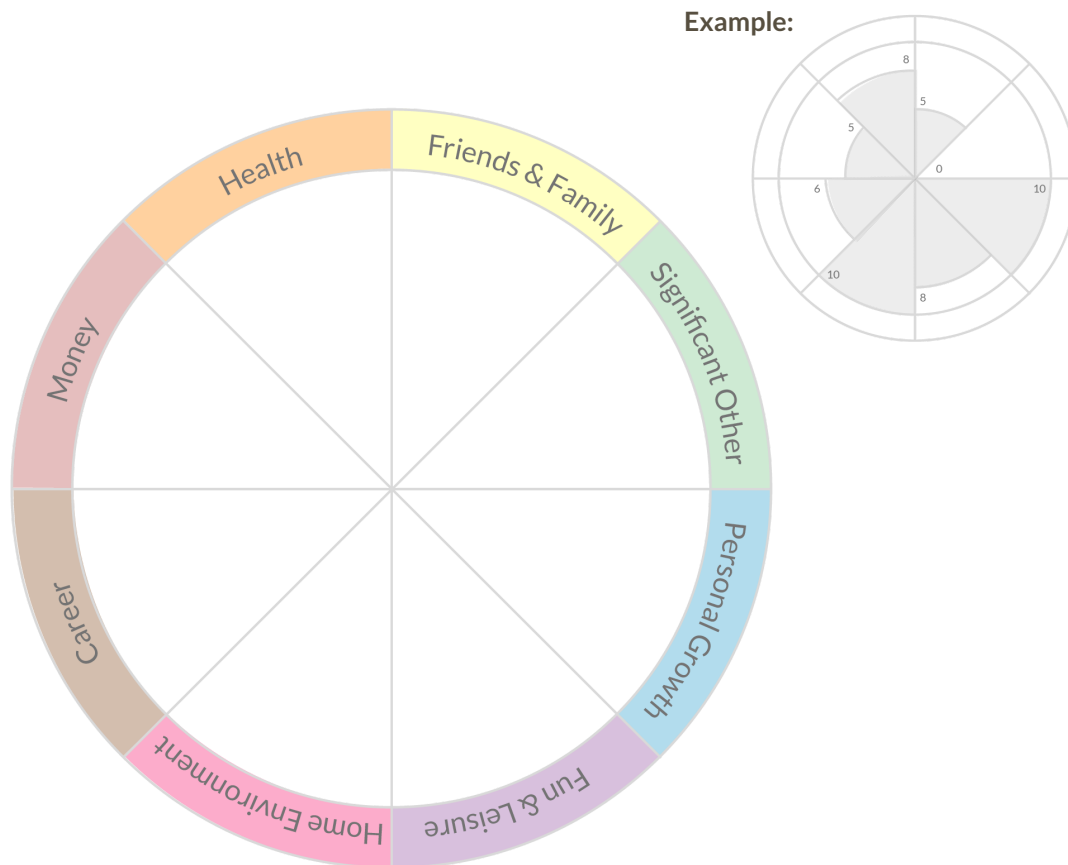
Take a look at each section of the wheel. Print it out or draw your own on a separate piece of paper. You are welcome to substitute the section headings with any title that may be more reflective of your life, as listed below.*

Rate your satisfaction level in each area with 0= not satisfied to 10= completely satisfied. Connect the dots with 0 starting at the center. The idea is to expand your circle towards higher levels of satisfaction as to create a wheel that rolls more smoothly, with balance and Life Flow.

Important: Use the first number that comes up for you, not the number you think it 'should' be!

The following page acts as a tool to write the areas of desired focus along with self-designed action steps to take. Enjoy the reflections.

Example:



WHEEL OF LIFE

Top 3 Areas to Change:

01

02

03

Actions to Take	By When Procession Dates

LIFE REFLECTIONS

INSPIRATIONS QUESTIONNAIRE

01 My overall life satisfaction right now on a scale of 0 - 10 (circle one):

ONE	2	3	4	5	6	7	8	9	TEN
<i>very unsatisfied</i>									<i>very satisfied</i>

A. How happy am I with overall life?: _____

B. How happy and fulfilled am I at work?: _____

02 What is important to me? What is most important right now?

03 What brings me joy and good feelings?

04 What am I passionate about?

05 What things am I interested in?

06 What is a top intention I'd like to achieve in the next months?

LIFE REFLECTIONS

INSPIRATIONS QUESTIONNAIRE

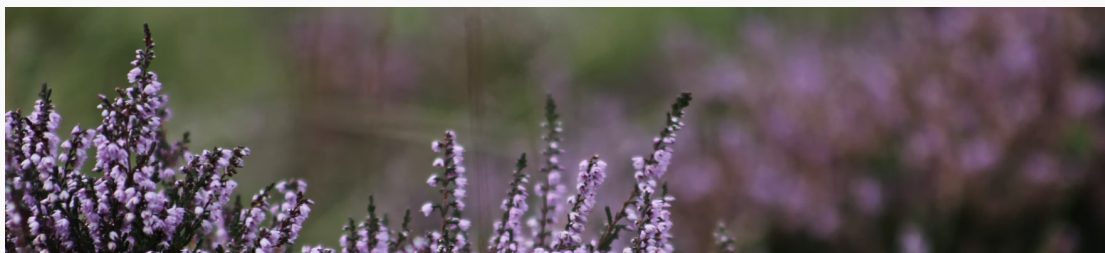
07 Why are these results important to me?

08 What challenges can get in my way?

09 What do I want to give back to this world?

10 What and who inspires me? Why?

11 Who are some leaders I admire? What qualities do they have? How do I adopt these in my own life?



AWARENESS JOURNALING GUIDE

GRATITUDE, LEARNINGS, ACKNOWLEDGEMENTS

Why Journal?

Daily or weekly journaling is a mindful exercise which puts us back in touch with ourselves. It reduces the clutter in our minds and the daily noise that surrounds and distracts us. We document our raised self-awareness and begin to see things more clearly, in a different light. Our perspective widens which shifts our mindset. With conscious self-reflection, we step out of reactionary mode and into thoughtful intention and chosen response. Our brain activates the many areas of the subconscious that is in support of our higher being.

What We Focus on Grows. By taking time to notice our gratitude, our learnings and our acknowledgements, we make room for more of the same. When we position ourselves in our own best state, we have more to offer to those around us and influence from within.

Gratitude

Gratitude practices are proven to have many of the same effects as meditation. It enhances our overall well-being, reduces stress, and releases balancing hormones such as serotonin and endorphins by tapping into our pituitary gland. Gratitude promotes resilience, drives intrinsic motivation, and promotes productivity through increased focus, calm and feelings of contentment.

Learnings & Insights

Learning never ends. When we document what we learn, we become more aware and heighten our ability to lead lives with intention. Learning more about ourselves and our surroundings act as a powerful tool to change habits, discover and enhance strengths, change patterns and perspectives. Take time every day to step back and become an 'observer' of your life. What do you notice about yourself?

Dr Cherie Carter-Scott says- 'There are no mistakes, only lessons'. When we translate mistakes or missteps into lessons learned, we transform the energy around it from negative to a positive. The energy shift then serves as a catapult in moving forward, better and stronger. Ask yourself, what did this teach me, about myself, about my environment? How can I be better next time?

Acknowledgments

It is so important to give ourselves daily acknowledgements for accomplishments tiny and large. This allows us to track our progress and keeps our momentum moving forward. It also allows us to notice the positive in our lives, when we try something new, small acts of kindness to ourselves, when we show up as our best version, step out of our comfort zone, and act as our own support system in moving forward. Take a look, be aware, and acknowledgments will soar.

YOUR DAILY JOURNAL

JOURNALING IS A GIFT. A GIFT TO YOURSELF.

Allow yourself this daily or weekly practice.

Take a few moments at the start or end of the day and reflect on the following 3 aspects of your present situation or life. While some choose to do this on a computer, I suggest grabbing a paper journal and doing it per hand. When we use our hand to write, it sends a more powerful message to our brain. Either method of journaling however, is extremely beneficial for the many reasons listed above.

HAVE FUN & ENJOY HONORING YOURSELF!

This is how together, as individuals, we enrich the world.

GRATITUDE

Write at least 5 things you are grateful for (including those small things we take for granted daily)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

LEARNINGS & INSIGHTS

(1-2 or more about yourself, others or life in general)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

ACKNOWLEDGEMENTS

(At least 1-2 daily acknowledgements)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

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