



A Journey of Self Awareness



Professional
benefits: better
decision-making,
recovery from
mistakes,
achievement of
goals

Strong
self-
awareness

Personal
benefits: better
relationships,
healthier
boundaries,
ability to live in
the present

Self Awareness!

3 modes of material nature.

These are subtle forces that influence our behaviour as well as every aspect of our physical, mental, and emotional world.

1. Mode of Goodness: are seen when an atmosphere of peace, serenity, and harmony prevails in our environment and ourselves.
2. Mode of Passion: is felt as insatiable desire for temporary things, striving for more and more of them, and perpetual dissatisfaction.
3. Mode of Ignorance: is indicated when there's laziness, depression, erratic behaviour, and acting in the heat of the moment.



The Emotional Traffic Light



- The Emotional Traffic Light can help you maintain your spiritual position on a daily basis. This doesn't mean ignoring or suppressing emotion but dealing with it in a proper way.
- **This is how it works:**
- If something happens that disturbs you, switch on **red** and pause for a moment – don't give in to your automatic response. Then switch to **yellow**, remind yourself of who you are: the eternal soul! Ask yourself how you can respond so that everyone involved benefits. Then switch to **green** and act. Apply your realisations.

Self Awareness!

- Reflect back to the emotional traffic light.
- Use this over the next few weeks and make a note of your thoughts at that time.
- Did the emotional traffic light help you in that moment to self regulate? What was the impact?
- Incorporate this into your daily practice and reap the rewards!



What is mental well being?

- Being able to deal with and manage situations
- Healthy expressions of all emotions and feelings
- Feelings of contentment, enjoyment and engagement



- Self Worth




self awareness



Developing a work life balance.

- How do you rest and make time to recover from work or certain situations that happen at home?
- What helps you mentally detach from these situations?
- How do you manage to maintain the boundaries between work and outside of work/home life?

- Take time to reflect and over time, take a note of the strategies you used.
- Remember those strategies worked and can be used next time you are in similar situation.



What did I do
today to make
me feel proud!

Made a rational decision

Took accountability

Had an, effective, difficult conversation with a
colleague or a member of my household.

Remained calm with children in front of me.

Not giving up and demonstrating resilience and
perseverance (character virtues)

Demonstrated high expectations of oneself.



Character Education

- *'Watch your thoughts, they become words. Watch your words, they become your actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny.'*
- By Frank Jackson
- This is the beginning of an exciting journey ahead.