

3 Dimensional Success

Welcome to Inspired Living



Hello Friends,

This edition of Inspired Living is all about Self Awareness.
Let's begin with finding out more about what it is.....

Self Awareness is about having what's known as reflective consciousness, in other words it's when you reflect and think about what you have done, are doing or going to do. It's when you think about, imagine, talk to yourself about what you have seen, experienced or heard, it's what you discuss internally and it's also about the way you interact with others. Being aware of yourself and also of others, your own thoughts and actions is all part of Self Awareness.

It's important to become more self aware. It's a journey about getting to know yourself on a deeper level. What do you really value in life, what do you love about life, what do you dislike about yourself, others, life in general....are you reaching goals you set for yourself, do you have goals? Do you have dreams, or have you given up on them already? If you are self aware and intend to become even more so, you will be far more empowered to make changes in your life which will steer you in the direction in which you'd love to go.

Imagine Jane who loves to drink alcohol excessively, on a conscious level Jane knows that it's not a habit which is conducive to good health on any level, spiritually, mentally or physically, however Jane continues to drink for reasons which are beyond her conscious awareness. So she knows she feels good, relaxed, numb or whatever the feelings may be...but still unsure of the exact driver, what triggers her to drink? What feelings is "Jane" trying to escape by drinking? By becoming self Aware, Jane will be empowered to question her behaviour and have a desire to source answers and then change the behaviour she doesn't want to do anymore, this process adds value to her life. If Jane didn't make the choice to become aware of her behaviour and didn't allow herself to question it, she may never have made any changes to it.

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The story has a happy ending because we each have a choice to become more aware of ourselves, to question behaviours we do and don't approve of and to make different decisions. You can live the life of your choice in an empowered way. Start laying the foundations by becoming more aware of you ! By the way, if you are thinking that you cannot build the life of your choice, think again, if you are not already living it, it's not because you can't, it's because you think you can't. Do you get this? It's about the way you think and not about your potential.

So make the decision to begin creating the life of your choice today, by becoming more aware of you.

Take time out for you – go for walks, listen to relaxing music whatever is relaxing for you. Have a hit of golf, ride that bike or just sit and be present to you, go shopping at your favourite store or relax in the bath.

Take time to relax and listen to soothing music or/and to meditate. Meditation is the key to self Awareness so when possible, meditate. It calms the inner monologue and stills the mind chatter so you can begin connecting with you.

Learning and adapting to new habits can be a challenge but it can also be fun! Did you learn to walk in two minutes? I doubt it!! Take time and stay focussed.

Enjoy getting to know you and also others around you. You are setting the foundations for a more inspired life. Foundations make for stronger, taller and longer buildings that are of service to us all aren't they?

Getting to know ourselves, brings me to the topic of our next edition....which is about Values! So stay tuned.

Questions, feedback and article topics are welcome to tl@3dimensionalsuccess.com.au

Until next time

Tania Lambert
3 Dimensional Success-coaching for Success
www.3dimensionalsuccess.com.au
03 98578847
0418 514 721