

A Journey to Self Awareness

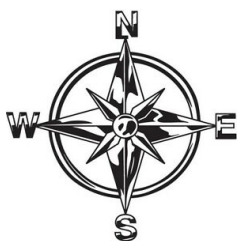
TRAVEL JOURNAL!



With Your Travel Guide...Shauna Hoffman, MFT

This Travel Journal Belongs to: _____

My Journey Begins (Date) _____



*This journal is made to accompany your work as you listen to
A Journey To Awareness Podcast With Shauna Hoffman.*

BON VOYAGE!

Let's begin your Journey!

Self-awareness is a knowingness of what you are feeling at any moment.

It's knowing what you believe in your heart. At it's best it is becoming aware of your truest desires! It is an ability to go within and check your body, your reactions, your emotions, and your defense mechanisms at any given time.

The first step in self-awareness is the ability to become **INNER FOCUSED VERSUS BEING OUTER FOCUSED ... to go within, to know your SELF.**

The journal is a start. Expand from these questions throughout your day to get the most out of the podcasts.

Let the adventure begin!

Let's go!! Why are you listening to this podcast? What brought you to this moment in time when you are ready to take the journey to Self Awareness?

What thoughts that I shared in the first episode you listened to made you think more deeply about where you are on your path to genuine self?

Is there anything that I said in any podcast that triggered you or made you feel uncomfortable?

Is there anything that I said in the any podcast that triggered you or made you feel excited?



NOTES AND THOUGHTS ON MY JOURNEY TO SELF

Does the thought of looking deep within you to see what makes you happy make you excited... fearful...anxious?

How do you define yourself at this moment in time? Do you define yourself with a label of any kind?

How much of your identity do you claim based on what other people see you as, versus what you truly feel deep inside?

Dream for a moment!!! If you could write a new identity for yourself...who you are and what you feel inside, what would that look like?



THOUGHTS ON MY ADVENTURE TO SELF!

THE LOVEFEST!

How hard is it for you to take this journey without judging yourself?

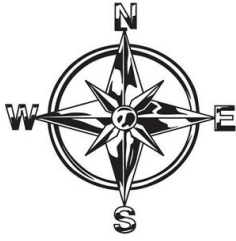
Tell me why you deserve the BEST in life!

Can you say that you got to where you are “the best that you knew how to do at the time?”
What is your resistance to this statement?

What negative labels do you give yourself that you are willing to get rid of forever???

What kind of party will you give yourself in the next week? Spoil yourself? Give to yourself?

Travel Notes on the journey to YOU this week!



PODCAST NOTES AND THOUGHTS ON MY ADVENTURE TO SELF!

Self Esteem means to LIKE oneself! How do you rate yourself on the Self Esteem Scale?

Genuine Self means to truly be your own self based on your own belief system not on others. How genuine do you think you are?

What are your beliefs around your religious views, political views, work values, etc?

Have you hidden your true beliefs in order to appease others in your life?

It is OK not to know what your own beliefs are yet. Sometimes we are so programmed that we have not had a chance to find out what our core truth is.

What are your beliefs around the roles of women and men in this world?

Who taught you these beliefs about women and men’s roles? Family? Society?

Time to start writing a new Travel Itinerary around these thoughts! Where do you want to go in your mind, heart and soul around this journey of the GENUINE Self? Start writing down places within yourself that you want to go to and see to find the real you!



PODCAST NOTES AND THOUGHTS ON MY ADVENTURE TO SELF !

Why should you take this journey to self? Search for happiness? Search for your own truth?

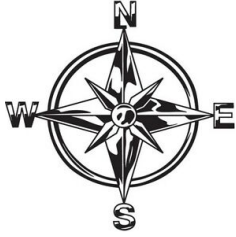
Are you afraid of looking within yourself?

Are there parts of your life that you are afraid to look at for fear that you may need to change them?

Where are your needs NOT being met?

Can you turn your thoughts about your journey into a place of excitement?

How will your life change if you are truly willing to look deep within to find your own truth and honor your own truth?



THE REAL ADVENTURE! Travel notes on the podcast series.

The Willingness to will nothing! Here is the link to the blog that we kicked off this podcast with. <https://workingonme.com/will-nothin/>

Are you the kind of person that has to understand why something happened to you?

Do you feel you always have to have a plan for your life?

Does it make you uncomfortable to not know what your future will look like?

How good are you at being present focused?

Can you right now take a breath, be present focused, check in with your SELF and see what your body feels like? What do you FEEL like?

Can you right now take a breath, be present focused, check in with your SELF and see what emotions are going through your heart and soul? What are you FEELING?

What is the most intense feeling that you are experiencing right now? Joy? Fear? Anger? Pain? Sadness? Be present with it and write as much as you can about this feeling.

What does being alone mean to you? This is a wonderful travel journey into your soul. I want you to write about it and see where you end up by the time you finish. Where has this adventure taken you today?



Here are some affirmations for you! Some may fit for you. Others may not.
So add to them!

I Am....

I am on an amazing journey!

I am rebooting my life!

I am willing to look deep within!

I am willing to seek help when necessary!

I feel deeply and won't ignore my own happiness ever again!

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

I am _____

MY EXCELLENT AMAZING FANTASTICAL JOURNEY! Travel notes on my Journey to SELF AWARENESS!

Today I give myself permission to dream of ANY future that I can have! When I let go of judgment about the past or fears of my future, I dream my life will look like this!

Writing the above made me feel..... scared, excited, like I am fooling myself, empowered, honest, etc. etc. etc.! Why?

"I must conquer my loneliness alone. I must be happy with myself or I have nothing to offer you." Peter McWilliams.

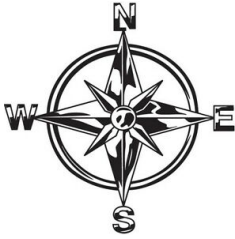
Are you afraid of being alone? What does being alone mean to you?

"I must be happy with myself or I have nothing to offer you." Peter McWilliams.

Do you believe this statement? Or do you believe you need a man in your life to complete you?

“Two halves have little choice but to join. But two wholes, when they coincide, that is beauty. That is love. ” Peter McWilliams.

Can you look at your relationships both past and present and see if it was two halves coinciding? Or two wholes?



Thank you for allowing me to be your travel guide on this fantastical journey to YOU! I hope you continue to listen to my podcasts and continue exploring all that is magical about you!

We will take a voyage to the uncharted places within you! Travel through the podcasts and you will find yourself on the most beautiful journey of self-awareness. One where you will be guided to ways to heal your wounds, look at your life, release your fears and create a magnificent future.

The time is now for SELF LOVE, SELF SUPPORT, SELF!

Bon Voyage! Shauna

<https://workingonme.com/guy-free-podcast/>