



AcuBalance

Acupuncture & Integrative Medicine



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Self-Awareness Questions

Our life experience is largely based on what we focus on; by increasing our self-awareness in a way that is productive, we increase the quality of our life experience. A good place to start is by allowing yourself time to become aware of your state of being at any given moment, and asking yourself some reflective questions.

If you have difficulty discovering an answer, simply free write, scribble, or draw pictures. No-judgement!

There are no right answers, and they can be as complex (solve world hunger!) or as simple (enjoy a cup of coffee) as you like.

Morning Journaling

- ❖ How am I feeling this morning?
- ❖ Three things to make my day fulfilling and productive
- ❖ Three things to be thankful for about life in general
- ❖ Three things I am doing well right now
- ❖ Three things that need healing or forgiving in life

Evening Questions

- ❖ Three things to be thankful for about today
- ❖ Three successes of the day
- ❖ Three things that need healing or forgiving today
- ❖ Three goals for tomorrow
- ❖ What can I do to ensure I get a good night's sleep tonight?

In The Moment...

Often times we find ourselves in negative states of emotion and attitude, which accumulates and causes long-term states of stress and unhappiness. When you find yourself in an unpleasant state, do this exercise...

- ❖ How am I feeling right now? Identify it, and label it (angry, sad, frustrated, anxious etc)
- ❖ How is this feeling affecting my body? My mind?
- ❖ Why am I feeling this way? Is it mine, or is it something I've absorbed from somebody else?
- ❖ What is this feeling trying to tell me?
- ❖ Is there anything I can do about it right now?
- ❖ Then just sit with the feeling, embrace it, and allow it to run its course and process. When you become accepting and surrendering, the emotion will clear itself when it's ready. What you resist will persist, what you embrace will release.