



WEEK 1: AWARENESS



I invite you to spend some time in retreat and meditation and ask what it is that needs to change in your life. Unless there is something in your life such as your marriage or job that is causing the restlessness then I can almost guarantee that it's something within YOU that needs to shift. A different way of looking at things and a different way of reacting to your life. There are two tools from my vast toolbox, in addition to meditation, that can bring this awareness.





MORNING PAGES:

One practice I recommend to ALL my clients, to raise awareness, is The Morning Pages. This is a practice that the fabulous Julia Cameron recommends in her book *The Artist's Way*. To quote Julia Cameron

*“Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. *There is no wrong way to do Morning Pages*– they are not high art. They are not even “writing.” They are about anything and everything that crosses your mind– and they are for your eyes only. Morning Pages provoke, clarify, comfort, cajole, prioritize and synchronize the day at hand. Do not over-think Morning Pages: just put three pages of anything on the page...and then do three more pages tomorrow.”*

Morning Pages open up your creative awareness. I am not necessarily talking about ‘creativity’ in the narrow sense of the word. I am talking about opening up those possibilities that we will move onto later in the program. It’s about opening up your Crown Chakra at the top of your head and allowing the thoughts to flow onto the page. I scream and curse in mine at times. But they are life changing.

To hear about The Morning Pages in Julia’s own words click [here](#).

I invite you to do the morning pages for a week at first, and you may find them challenging, and then come back to this worksheet and write what





has come up for you. For your eyes only of course.

I am aware that I think

about _____ (write this as many times as needed)

I am aware that I react in this way to events and people that challenge me _____

I am becoming aware that:

Examples are: I try to change what I cannot change, I get mad really easily at..... , I am starting to see a pattern in events that trigger my unhappiness.

These are just examples. Only you can know what awareness you are finding through your stream of consciousness writing.









APPRECIATION

Now once you get these practices started you can either include them at the end of your Morning Pages or start on this sheet and then move to a gratitude book and do them at whatever time of day feels powerful for you.

EVERY day, for a week, write three things that you appreciate.

Once you begin to focus on what in your life you DO appreciate rather than that which you appreciate less or not at all, then you can begin to create, or make time for, more of what you would really like in your life. This will also build to the clarity that we will focus on later in this program.





At the end of week 1, keep going! I recommend that these practices become daily practices for you at all times. These three things, meditation, Morning Pages and Gratitude, in particular are life changing, as is any regular daily practice. If you skip a day, just start again. If you are short of time one day do a 2 minute meditation, a page of Morning Pages and your gratitude list wherever you can fit it in. However, this is worth getting up 30 minutes earlier for.

Now, onto week 2!

