

Self-Awareness + Acceptance Reflection Tool

A guided space to explore who you are—and hold it with care

1. Pause + Scan: What's Present Right Now?

Awareness is attention without judgment.

- What emotion is most present in you right now?
- Where do you feel it in your body?
- Can you name it gently, like you'd name a visitor?

Prompt: In this moment, I am feeling... and that's okay.

2. Mirror Moments: What Patterns Keep Surfacing?

- Recall a recent moment that triggered discomfort. What did you feel? Say? Avoid?
- What story did your mind tell you in that moment?

Prompt: When [trigger] happens, I tend to think... This may reflect an old belief such as...

3. Acceptance Inventory: Owning All of You

Nothing changes until it is met with acceptance.

- Name one trait, memory, or habit you've tried to hide or fix.
- Write a compassionate affirmation that embraces it as part of your wholeness.

Prompt: A part of myself I am learning to accept is... because it also shows me that...

4. Reframing the Inner Dialogue

- Write down one phrase your inner critic often uses.
- Rewrite it with honesty and kindness, as your inner ally would say.

Critic: “I always mess this up.” **Ally:** “This is hard, but I am learning and showing up.”

Prompt: The voice I want to cultivate sounds like...

5. Embodied Integration: Living the Inner Shift

- What action can you take this week that aligns with a more accepting, aware self?
- How might you express who you are without apology through behavior, creativity, or boundaries?

Prompt: To honor myself more fully, I will...