

## **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...