

Reflection Sheet #1 | Awareness vs Action

Awareness Creates Possibility. Action Creates Change.

Many people believe change begins when they become aware of a problem.

Awareness is important.

Without awareness, there is little opportunity for conscious choice. Yet awareness alone does not create change.

Most people already know more than they think they do.

They know the habit.

They know the pattern.

They know the conversation they need to have.

They know the boundary that needs to be set.

The question is not always: "**What do I need to become aware of?**"

The question is often: "**What action am I avoiding?**"



Take a moment to consider an area of your life where you would like to experience change.

Complete the following:

1. What situation, pattern, or behaviour comes to mind?
2. What do I already know about this situation?
3. What action have I been postponing, avoiding, or delaying?
4. What is one small action I could take within the next seven days?



Awareness creates possibility.

Action creates change.

What action could create change?

A space to pause | A space to listen | A space to return to you.

