



CONSCIOUS PRACTICE

What do we mean by "consciousness"? Researchers usually consider it as an awakened and mindful state, the opposite of being "unconscious." But what should we aim this consciousness toward? In order to reach higher performance in our lives, it's helpful to become more mindful in the following seven areas of our lives.

Use this scale not as an assessment of "good" or "bad," but just as a snapshot of how conscious you've been of these major areas of your life. Just read the category descriptions below rate yourself 1-10, with 1 being "not at all" and 10 being "always." The goal of this short assessment is to help you identify areas that you could bring a more mindful practice to. As with any assessment, the goal isn't a complete analysis of every nuance of your conscious life, but rather a good opportunity for overall self-reflection. So, don't stress about the exact wording of these descriptions. Instead, just give your overall impression of how you rate in each category. After rating each category, consider if you could improve the lowest performing categories. Use this as a tool to identify areas for more mindfulness and then to brainstorm new ways to improve each category.

Consider revisiting this assessment every Sunday. If you gauge yourself on a weekly basis, you'll likely begin improving.

Categories

Be Conscious of Your Thoughts

Are you aware of your internal chatter and how it affects you? Do you proactively guide your self-talk so it's positive and supportive? Can you release or override your negative thinking easily?

1 2 3 4 5 6 7 8 9 10

Be Conscious of Your Feelings & Energy

Do you know how you feel and why you feel that way throughout the day? Are you mindful about generating the emotions you want to experience in life? Do you sense the impact of your energy on other people?

1 2 3 4 5 6 7 8 9 10

Be Conscious of Your Behaviors

Are the actions you're taking in life purposeful? Do you choose to do things that exhibit the best of you? Are you aware and proud of your daily behaviors that are forming your character and life?

1 2 3 4 5 6 7 8 9 10

Be Conscious of Others

Are you in tune with how others around you are feeling? Do you actively listen to them and seek to understand their worldview? Do you feel like you know what others want?

1 2 3 4 5 6 7 8 9 10

Be Conscious of Your Progress

Are you mindful to how you are progressing and growing in life? Do you measure your progress toward your goals? Do you record your progress in a journal of some kind? Can you describe where you are heading and how you've grown recently?

1 2 3 4 5 6 7 8 9 10

Be Conscious of The Moment

Do you feel a sense of awareness or connection with the present moment? Are you feeling part of, or one with, what is happening. Can you let go of thoughts and just notice things around you without judgment?

1 2 3 4 5 6 7 8 9 10

Be Conscious of Coincidence or Intuition

Do you get curious when coincidences happen? Do you notice them? Are you aware of your intuition when it speaks? Do you follow your gut or the impulses you're feeling to observe something or do something?

1 2 3 4 5 6 7 8 9 10

Be Conscious of Love

Do you feel a sense of love for yourself and your fellow human beings on a consistent basis? Is love a top value of yours and is it being expressed on a consistent basis? Are you aware of how you are seeking and expressing love?

1 2 3 4 5 6 7 8 9 10

Remember to use these categories and descriptions as both an assessment tool and a planning tool. If you don't like any of these numbers—and you're the only person who can gauge that—then design your thoughts and behaviors for improvement. Just being aware of these things can make life better.