



2.1 Self-Awareness

What.

An activity that fosters self-awareness by encouraging participants to voice their emotions, personal insights and experiences.

Why.

Building self-awareness increases one's ability to accurately recognize the influence that personal thoughts and emotions have on behaviour. It fosters a sense of confidence, and can help participants accurately assess their strengths and limitations.

How.

Gather participants in a circle and lead the class in five mindful breaths. Choose a question from the suggested list of prompts that you think will most spark a collective curiosity. Either go around the circle and let each participant respond, or pass the talking piece to someone who is eager to share their personal insights. Once all the participants have contributed, pass the talking piece around the circle once more, asking them to share what they learned from their peers.



Tip

Focusing on our experiences as they are, rather than as they used to be or as we wish they could be is the only way to truly recognize and accept the patterns of our personality.

Core Competencies

Self-Awareness

Materials

Talking piece – a stone, ornament or kush ball to signal the speaker

Time

10 minutes per dialogue prompt



2.1 Self-Awareness

DIALOGUE PROMPT

- Share a word to describe how you're feeling right now.
- Name something your body does automatically without your awareness.
- Where in your body do you notice tension?
- Share something that made you smile today.
- Share a story of a time when you experienced frustration.
- Share a belief you once held as true, but have now learned to question.
- Tell a story of a time when you took a chance and ended up learning something new about yourself.
- Name a quality that you would like to cultivate within yourself.
- Name a quality you have that you'd like to let go.
- Share a time when you were open to a new experience and benefited from it.
- What is something in your life that you complain about, but which might also be a blessing?
- Think of a person in your life who believes in you. Name three qualities that person sees in you.