

DAY ONE FIELD GUIDE

AWARENESS



GUIDING QUESTION

What am I reacting to?

TODAY'S INTENTION

Today, I will become aware of my reactions without judging them or trying to change them.

BEFORE YOU BEGIN

Today isn't about changing your reactions. It's about noticing them. You don't need to fix anything today. You don't need to respond differently. You don't need to get it right. Simply pay attention to what is happening inside of you.

Awareness is where change begins.

MORNING REFLECTION

1. What situations tend to trigger my strongest reactions?

2. Who or what do I react to most often?

3. How do my reactions usually show up?

☐ I become defensive

☐ I become frustrated

☐ I raise my voice

☐ I try to prove my point

☐ I shut down

☐ I replay it in my mind

☐ I withdraw

☐ Other: _____

TODAY'S MISSION

Throughout the day, simply notice your reactions. Each time you become aware of one, make a quick note below.

Don't judge it. Don't explain it. Don't try to fix it. Just notice it.

REACTION LOG

Situation	What did I feel?	When did I notice?
		☐ Before ☐ During ☐ After
		☐ Before ☐ During ☐ After
		☐ Before ☐ During ☐ After

EVENING REFLECTION

What reaction stood out to me the most today?

What emotion was underneath that reaction?

What did I learn about myself today?

You cannot change what you do not notice.