WORKSHEET

Small Habits That Turn Self-Knowledge Into Practice

Small, repeated, and anchored in people who will notice with you. You are not meant to do all of them.

There were times I felt utterly out of control, and the realization did not arrive with a map — only the uneasy knowledge that thinking harder was not going to change how I reacted. What helped was small: three check-ins, a trigger log, a short daily journal. Tiny experiments, repeated, and anchored in relationships where someone could notice alongside me.

A Practice to Begin

Three daily check-ins. Morning, midday, evening — stop, breathe, and name one feeling in plain language. "I feel anxious." "I feel tired." "I feel hopeful." Do not argue with the emotion. Do not improve it. Label it, and go on with your day.

Reflection Questions

1. What is your most reliable autopilot reaction under stress?
2. What tends to come just before it — a time of day, a kind of person, a kind of request?
3. Which of the small practices would you actually do, and which are you drawn to because they sound serious?
4. Who could notice this alongside you without it turning into a performance?
5. What would you count as success in a week — and is that measure about learning, or about judgment?
6. Finish this sentence honestly: "I am someone who _____ when I feel triggered." Does it describe you yet, or is it the direction?

An Invitation for the Week

Keep a checklist of attempts, not outcomes. Note completion, not perfection. Celebrate the attempt.

True self-knowledge is embodied. It combines accurate assessment with felt reflection and repeated practice.

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