

Think About & Try

In each episode of **The Being & The Doing** podcast, I give listeners a little homework – something to think about and something to try. That’s because a regular practice of “awareness and action” activities fosters well-being by deepening our learning and moving us forward.

Awareness helps us become conscious and intentional in our choices. When we pause and ponder, we develop greater insights into our choices, actions, behaviours and values.

Action creates forward momentum and leads us closer to our goals. Action also creates awareness. When we try something new or different, we learn a little more about ourselves.

Without awareness, action is purposeless. Without action, awareness is unproductive.

Set aside a little time each week to focus on awareness and action by tuning in to the podcast for something to think about and something to try.

You can also create your own awareness and action activities using the suggestions below. On the following page there is a blank journal where you can collect your insights each week.



Something to Think About

Use any of the following to prompt your reflection:

- ✓ an open-ended question
- ✓ a thought-provoking quotation
- ✓ a sentence from a book
- ✓ a social media post
- ✓ lyrics from a song

Something to Try

Everything we want that we don’t currently have sits outside of our comfort zone. Taking one small step can help us get unstuck and move forward.

Each week choose one small thing that is out of the ordinary, makes you a smidge uncomfortable, or stretches your skills. Observe your inner conversation and write your insights on the following page.



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Something to Think About



Something to Try



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