

# BECOMING SELF- AWARE

**PREPARED BY**

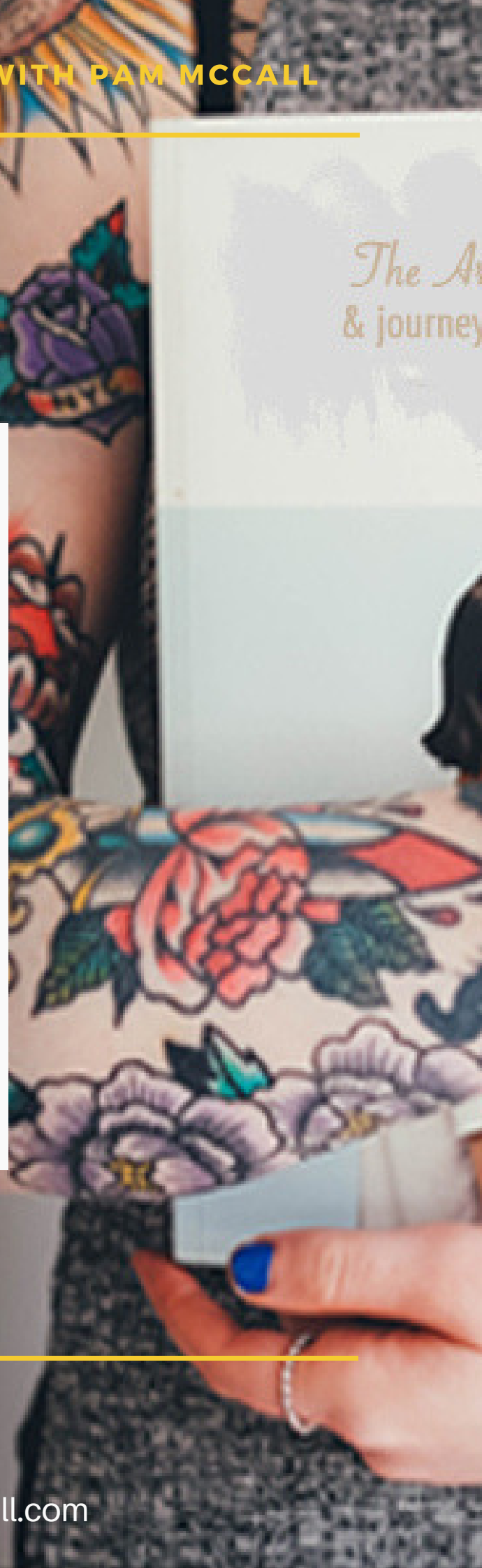
PAM MCCALL

Self-Awareness, Life  
& Business Coach

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# ABOUT

With every stroke of  
a pen, every touch  
of a hand, and with  
every breath you  
receive. . .

YOU  
BECOME  
MORE  
AWARE.

It is this awareness  
that guides your  
decisions. It is the  
secret to successful  
leaders. It is exactly  
what creates  
dreams and  
therefore realities.

Developing a sense  
of self-awareness is  
key to your  
personal success  
and genuine  
happiness.

PAM MCCALL

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**EVERY HUMAN HAS  
FOUR ENDOWMENTS  
- SELF AWARENESS,  
CONSCIENCE,  
INDEPENDENT WILL,  
AND CREATIVE  
IMAGINATION.  
THESE GIVE US THE  
ULTIMATE HUMAN  
FREEDOM... THE  
POWER TO CHOOSE,  
TO RESPOND, AND  
TO CHANGE.**

stephen covey



# Becoming self-aware is to understand yourself better.

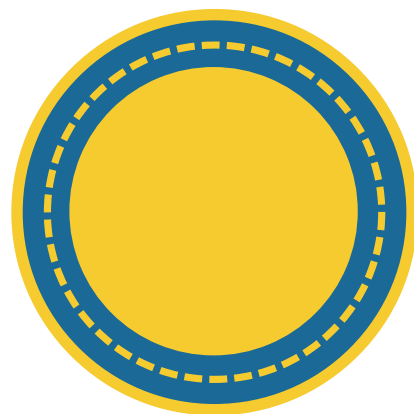
## WHAT IS YOUR LEVEL OF SELF AWARENESS?

### 1. HOW DO YOU FEEL?

Take this moment and just observe how you feel.  
Put a word to it.

Name it. Write the word that best describes how you're feeling right now in the circle.

**Examples:** worried EXCITED hungry COLD cautious  
DISTRACTED curious SLEEPY doubtful GRATEFUL  
uncomfortable NERVOUS motivated FOCUSED fake  
EMPOWERED grounded AMBITIOUS magical  
SPIRITUAL



### THE CAPACITY TO RECOGNIZE YOUR OWN FEELINGS, BEHAVIORS, AND CHARACTERISTICS

Being self aware is being in tune with how you feel. At any given moment you can test your level of awareness throughout the day. Just take a moment and get curious about how you feel about something. . . anything.

How does this food make me feel?

How does this color make me feel?

How does this sales rep make me feel?

How does this hair cut make me feel?

How does this contract make me feel?

How does this relationship make me feel?

How does this decision make me feel?

How do these thoughts make me feel? **OOH! That's a big one.**

## 2. SELF DISCOVERY

Who am I? What do I want?  
What do I think? How do I feel?

Personal awareness can be strengthened by using your senses. Sights, sounds, smells, and touch are how we intuit information. As we take in information it makes us feel a certain way. Observe-DISCOVER YOU.

### BRING UP A MEMORY OF A TIME YOU WERE IN PUBLIC, AND GIVE IT A TITLE

At the ball park, [grocery store nightmare](#), meeting my grandkids, [helping a friend](#), F-This!, [cupcakes and hot dogs](#), caught in the rain, [best day ever](#), total hair fail, [prayers work](#), great workout, [#NotMyThing](#), etc. etc.

YOUR TITLE:

1. Looking back, what do I remember that I liked/disliked about myself?
2. What was so significant about this particular moment that made me recall it to memory for this exercise?
3. Who else shared this moment with me? (may be strangers in the car next to you, you don't have to know them) What do I recall about this person(s) from this moment?
4. What else do I remember seeing/hearing/thinking at that time?



# AWARENESS. IT'S PERSONAL AND POWERFUL



If you completed this introductory exercise and were able to observe how you feel about a particular moment in time or a about a thought you're thinking then give yourself a 100% for BEING SELF AWARE. Simple but powerful.

Your LEVEL of awareness depends on how much you devote to being in the moment, observing without judging or taking action, then adjusting or pivoting your self to be more aligned with the kind of person you really want to be.

The better you  
**UNDERSTAND YOURSELF**  
the better choices you  
make **FOR YOURSELF.**

# DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.

Our actions and decisions today will shape the way we will be living in the future.

This is an introduction, a small sip of what self-awareness is about. I hope it wets your appetite to learn more about becoming self-aware. I teach practical ways to use the information you gather and how to apply it in your personal, life, and business growth.

I would love to be a part of your journey. I welcome you to join my Facebook Community.

[Becoming Self-Aware.](#)

You can find out more about me, my services, my story, and self-awareness at [www.pammccall.com](http://www.pammccall.com)

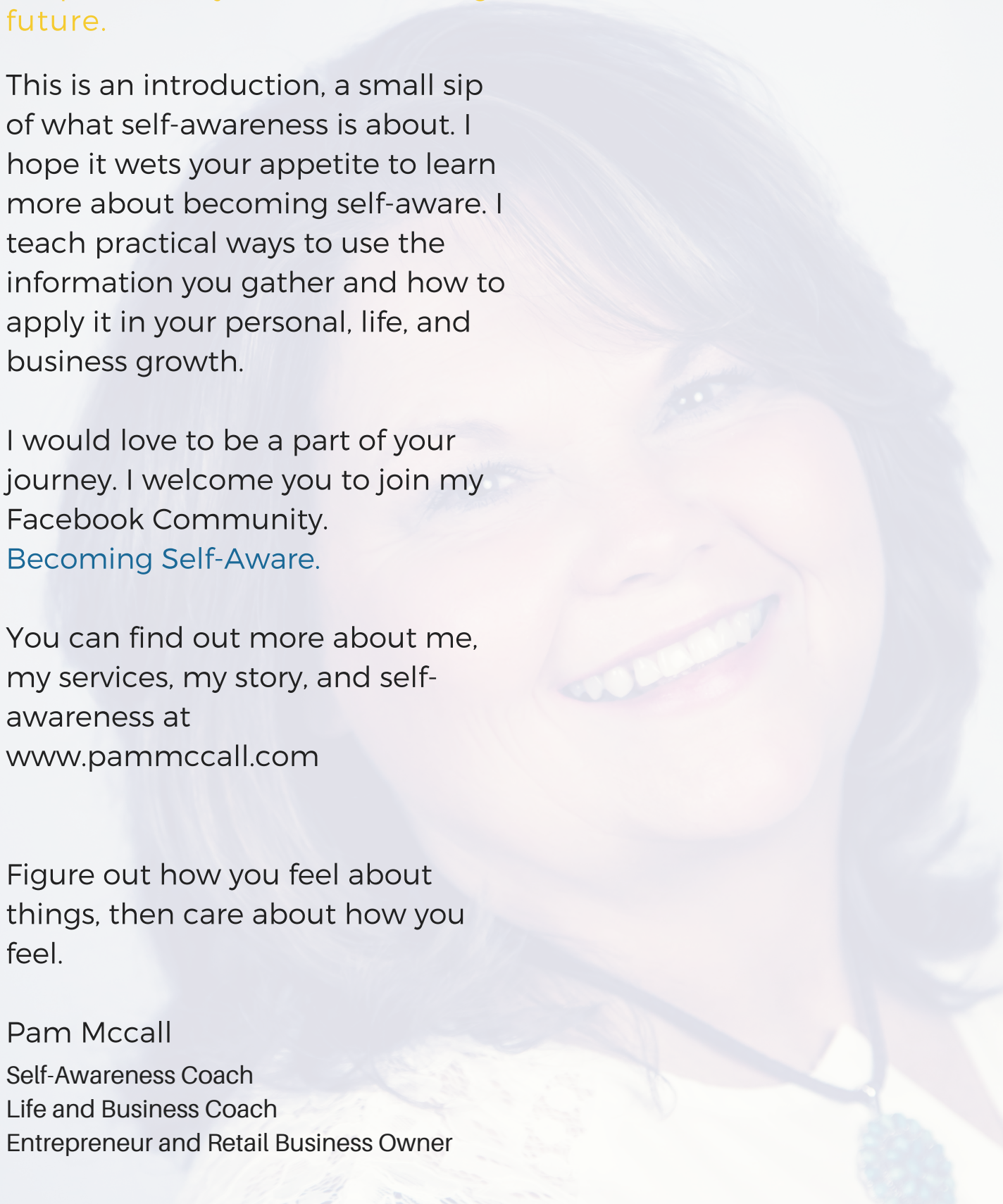
Figure out how you feel about things, then care about how you feel.

Pam Mccall

Self-Awareness Coach

Life and Business Coach

Entrepreneur and Retail Business Owner





**THE MIND'S FIRST STEP TO SELF-AWARENESS  
MUST BE THROUGH THE BODY.**

**GEORGE A. SHEEHAN**

# GOT ANY QUESTIONS?

DON'T BE SHY! E-MAIL ME AT  
[PAM@PAMMCCALL.COM](mailto:PAM@PAMMCCALL.COM)

I think [self-awareness](#) is probably  
the most important thing  
towards being a champion.

Billie Jean King

WHAT YOU  
SEEK  
IS INSIDE.  
ARE YOU  
LOOKING  
FOR IT?

**DO YOU WANT TO LEARN MORE ABOUT  
SELF-AWARENESS? visit [www.pammccall.com](http://www.pammccall.com)**