



Live Aware

In my Bedside Coaching journal I have defined Living Aware as focusing our attention on ourselves, evaluating and comparing our behaviour to our internal standards and values and this means also that we are consciously aware how our behaviours affect others and the environment around us.

Take a few moments to be within yourself and answer the following questions, then find a “buddy” to discuss your answers.

Think of one recent action that impacted another individual.

Why did you choose that particular action?

**When you look at that action, do you find yourself creating excuses or justifying yourself in some way?
(If yes, what was your excuse or justification?)**



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What thought process lead you to make that justification?

How could you change your thought process to arrive at a different decision that you wouldn't need to justify to yourself?