**Self-awareness Guidance**

**Who are you on the inside?  Outside of your clothes and things, how do you feel, how do you want to feel?  What are you thinking and doing to have the things you deeply desire?  What are you doing to self-sabotage your life and your relationships?  What are you responsible for and what do you need to focus on to achieve the things you want and need?  This is all part of self-awareness.  When we authentically get real with ourselves, our emotions, our habits and default behaviors, we often realize where our biggest disconnections originate, and how to re-connect with those things and people of value to us.**

**Self-awareness is one of the wildest rides we humans can take in life because we tend to continuously evolve, shift and change throughout our lifetime(s).  Keeping up with our true self isn't always an easy task, precisely why it's so important to take the time to know thyself, to define where we're going and what we're doing along the way, so we have an idea of how to continuously nurture and support ourselves mentally, physically, emotionally, and psychologically.**

**When we get to know who we authentically are and we willingly choose to be honest with ourselves, we allow our innate and learned abilities to surface in functional and valuable ways.  We begin to trust ourselves, which allows us to simultaneously trust others; those things and people that mean the most to us.  This ability to trust and to own our own behavior, reactions, and responses, based on having a better awareness of who we truly are, is one of the most essential building blocks we have to create the bridges we need to get where we want to go.**