60 SECOND AWARENESS

Building Your AQ Awareness Quotient 60 seconds at a time

Here are some exercises I have gathered to help you have greater personal or self awareness.
Some take 60 seconds, some take a bit longer.

1 Feeling the Feeling
Cartoon Identity
Clarify My Needs
Take My Pulse
Super Hero
Passions
7-22 Innerview Questions (15, one at a time)
23 I WIN
3 year idealness
SNAPs
State of Being
VOD (Value of the Day)
Moment of Appreciation
I Want…
What do I fear
Discovery Test what can you discover about yourself today
ONE
Learn one thing about someone else
34 Journal your thoughts
Two Way Pointing
Closed Eye View
Values
Assumptions
What Don't You Know that you Don't Know
Observing Nature
Observing People
42 Observing
Imagine the Impossible
Closed Eye View
45 Two Way Pointing
Daydream what is a fantasy you have. make it come true with daydreaming
I acknowledge what do you want/need to acknowledge about yourself today
Non Dominant Hand Practice
Listen to the Chatter
50 Taste PIE what do you feel when you give some one genuine PIE think about your feelings
Let Go what do i want to let go of right now
Love My Wiring acknowledge how your brain is wired, how you learn. How can you enhance it?