

Rewrite your story:

A guided
awareness
practice 



The A.I.M. for
Effectiveness Accelerator®

Rewrite Your Story:

A Guided Awareness Practice

This worksheet is a practical tool to help you pause, reflect, and recognise the patterns that may no longer serve you. It's here to support you in checking in with yourself, gaining insight into what's really going on, and making more conscious, helpful choices going forward.

*This awareness practice is about creating space — space to **notice**, to **reconnect**, and to **choose** differently. You don't need to fix anything. Just start where you are. Think of it as a conversation with yourself — one that brings clarity, calm, and direction.*

1. PAUSE

We will begin with taking one quiet, conscious breath. Place your feet flat on the floor. Give yourself a moment of space to arrive.

2. NAME

What's going on **inside** you?

- What are you feeling?

- What are you thinking?

- What are you sensing physically or emotionally?

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3. ASSESS

What's the **full picture** — both internally and externally?

- What inner thoughts or outer distractions are pulling you away from the present moment?

- What's draining your energy?

- What's giving you energy?

- What story are you telling yourself? Where might it come from?

- What do you think is holding you back from breaking through a vicious cycle or spiral?

- What might be the deeper meaning or significance if this pattern continues?

- What might you be ignoring — knowingly or unknowingly?

- How comfortable can you be with not knowing all the answers?

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4. CHOOSE

From this place of greater awareness, what action or response would truly **benefit you and those around you?**

- What do you want to shift?

- What will you do differently next time?

- How can you bring this insight into your day today?

You've taken a meaningful step.
Let this be a beginning, not an end.
Awareness grows with attention — so keep noticing, keep choosing,
and trust that even small shifts can ripple into real change.

Return to this space whenever you need to pause, realign, or
remember that choice is always available.

This is the heart of the **A.I.M.** journey.
Each pause strengthens your **Awareness**.
Each intentional action begins **Integration**.
Each small shift is **Modelling** something new, for yourself and for
everyone around you.

This practice isn't about fixing everything.
It's about interrupting the automatic.
It's about bringing choice back online.
That's how stories shift. That's how energy shifts. That's how
effectiveness grows.

