

Self-Awareness Weekend - Level 2

The 12 Results

Following are the 12 Results that participants can anticipate from SAW Level 2. Take your life to the next level, and experience the joy of being fully yourself!

- 1. More emotionally complete** moment to moment, by noticing, processing and clearing emotional events and triggers as they happen, rather than stuffing, downplaying or ignoring feelings.
- 2. More comfortable in your own skin** by being able to remain objective about your experiences by noticing your thoughts and feelings, consciously choosing to be gentle with yourself and creating a supportive environment for you and your inner child.
- 3. More bonded with your Inner Child** by setting up regular communication with them, honoring their needs and wishes and incorporating play, exploration and joy into your daily life.
- 4. More connected to others** by being able to set and maintain healthy boundaries and communicating your wants and needs, while still being vulnerable and open to love and support.
- 5. More inspired to express yourself** by fully using your gifts, talents and abilities, becoming more flexible and spontaneous and tapping into your creative muse.
- 6. More empowered** by recognizing that you are fully at choice with the direction of your life, are competent to choose wisely, and are focused on taking productive action.
- 7. More personally accountable** by choosing to acknowledge that your thoughts, feelings and actions directly contribute to your experience of life, and that you are responsible for your emotional reactions and perceptions to the world around you.
- 8. More self-directive** by committing to fully exercise your ability to change your life by taking action to release emotional triggers, limiting beliefs and ineffective strategies and embracing your personal freedom.
- 9. More grounded in your authenticity** by honoring your unique essence and perspective, with your daily life being a natural reflection of who you truly are.
- 10. More focused on your life purpose** by having a clear vision of how you plan to make a difference in the world.
- 11. More in tune with the gifts of your Enneagram style** by being aware of your Ego's most common patterns, judgments and restrictions and choosing instead to develop your style's natural strengths and abilities so you can relax into the flow of your life.
- 12. More self-aware** by incorporating all of the above results so that you can experience and enjoy being fully yourself.