



**Awareness Log** – Awareness is an Empowerment Skill

If you can become more aware of your own actions/reactions/emotions, you are better able (empowered) to notice and make adjustments that are consistent with your goals and priorities.

Can you notice your reactions? Try to do this for a week.

Directions: Try to write notice and write down any immediate reaction to something you experienced. It is especially helpful to write down those things you react to immediately and powerfully.

Date, time	Event	Your reaction (e.g., thoughts, feelings, actions)	<b>Advanced</b> Your thoughts about your reaction

