

## Twitter Thread by The Minds Journal



**The Minds Journal**

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**Here are the different levels of self-awareness!**

**#selfcare #selfdevelopment #mindsjournal #themindsjournal**

# SELF-DISCOVERY



CONSCIOUS

## Perceptions

5

- How we see life
- Our reactions

## Behavioral Patterns

4

- Personality
- Nurture vs. Nature

## Personal Choices

3

- Take charge vs. victim
- Free Will

## Internalized Values

2

- Goals, aspirations
- Intrinsic vs. Extrinsic

## Core Beliefs

1

- What drives us
- Personal Purpose

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SUBCONSCIOUS

MINDJOURNAL