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

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