

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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