

## Aligning Behaviours with Consciousness

There is our intention and then there are our behaviours. And sometimes our behaviours are not aligned with our intentions or our consciousness. Often when this happens, our intentions get set aside, our attentiveness to what is actually going on and what is more purposefully needed get abandoned, and what we actually end up doing is unconscious and not aligned with what matters most deeply to us.

This practice will allow you to get in the habit of observing the alignment of your consciousness with your behaviours and of choosing actions that support your deepest intentions. This means being fully conscious and aware in each and every moment, getting curious about your emotions and impulses, and consciously choosing a course of action that is aligned with your intentions of *how* and *who* you want to be. The more you are aware of and can resist acting on your emotions or impulses, the more you will retain your personal power and the ability to choose a purposeful course of action that is aligned with what matters most to you and with who you want to be.

### DAILY PRACTICE

At any time throughout the day when you experience an emotional reaction, a sense of impulsiveness, of loss of your personal power, or a numbing-out, stay curious and take the following steps:

#### **A**wareness/Arrêt:

- ⇒ Stop/Pause – adjust your posture, take a drink of water, place your hand on your belly and engage in deep belly breathing
- ⇒ Notice – what is really happening here? What is the situation...the people...the purpose?

#### **B**ack-up & reflect:

- ⇒ Given, the situation...the people...the purpose
- ⇒ What is needed in this moment? What needs to be attended to?
- ⇒ What do I want more? (e.g., getting things done, being a person I am proud of...?)
- ⇒ How am I honouring my values (in body, mind & spirit) by taking a certain course of action?
- ⇒ What makes this course of action important to me?

#### **C**hoice:

- ⇒ Exercise the power to choose your response.
- ⇒ How else might I think about this?
- ⇒ What is the most effective way to respond that is in alignment with *who and how I want to be*?
- ⇒ What action/response can I take that will make a difference...that is in alignment with what matters most to me?

**Take steps A, B & C as often as you need to throughout the day**

## DAILY REFLECTION

At the end of the day, take 10 minutes to reflect on the following questions in your journal, if you like.

1. In what situations/interactions did you follow the practice outlined above?
  - How did you feel doing it?
  - How did it go? What kind of person were you being?
  - What was the tone and content of your internal dialogue?
  - How did you feel after the situation/interactions was over?
2. In what situations/interactions did you not follow the practice outlined above?
  - Why is that?
  - How did it go? What kind of person were you being?
  - What was the tone and content of your internal dialogue?
  - How did you feel after the situation/interaction was over?

## WEEKLY REFLECTION

At the end of each week, take time to read through your notes and make note of any themes you observe.

- How do you feel about these themes?
- What will you do differently with what you are learning?
- What are the results when your consciousness and behaviours are in alignment? ...and when they are not?

*Note:* Before you begin your reflection spend a couple of minutes quietly noticing your breathing. If your mind wanders away from your breath for a moment, that's okay. Just gently bring it back to noticing your breath: noticing the movement in your belly and rib cage as you inhale and exhale.