

Personal Trainer: Mindfulness and Self-Awareness Guidelines



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As your personal trainer and life coach, I will guide you in developing greater self-awareness and mindfulness. Here are some guidelines to help you get started:

1. Paying attention to your thoughts, feelings and physical sensations

- Take a few minutes each day to sit quietly and focus on your breathing.
- Notice any thoughts, feelings, or physical sensations that arise without judgment.
- Write down what your current life challenges are.
- Write down your observations in a journal to track your progress.

2. Developing self-Awareness

- Take a personal values assessment to identify your core values and strengths.
- Ask yourself: "What are my strengths and weaknesses?" "What are my goals and values?"
- Write down your answers in your journal and try to reflect on them at least twice a month.

3. Identifying and challenging negative self-talk and self-limiting beliefs

- Notice when you engage in negative self-talk or self-limiting beliefs.
- Challenge those thoughts by asking yourself: "Is this thought really true?" "Is there another way to look at this situation?"
- Replace negative self-talk with positive affirmations.

4. Practicing Mindfulness Techniques

- Start with short mindfulness exercises, such as deep breathing or body scan meditation.
- Gradually increase the duration and frequency of your mindfulness practice.
- Explore different mindfulness techniques, such as yoga or walking meditation, to find what works best for you.

5. Cultivating self-compassion and self-acceptance

- Treat yourself with kindness and compassion, just as you would a close friend.
- Practice self-care activities, such as taking a relaxing bath or reading a book.
- Remind yourself that it's okay to make mistakes and that you are doing the best you can.

By following these basic guidelines, you'll be well on your way to developing greater self-awareness and mindfulness. Remember to be patient and compassionate with yourself throughout the process.