

A man with a beard and dark hair is shown in profile, drawing a portrait of himself with a black marker on a light-colored wall. The drawing is partially completed, showing the man's face and upper body. The man is wearing a blue shirt. The background is a plain, light-colored wall.

The 5 Steps To Self Awareness

5 Principles To Live An Awakened Life

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5 Steps To Self-Awareness

To create a life that fills you with inspiration, happiness and contentment, you can only do that by being in alignment with your soul's wants and needs in this lifetime. Once you're able to have the awareness of what your soul signed up for, it gives you the power to truly understand why everything is showing up in your life and what to do about it.

From there you can then make the decisions with awareness, combined with inspired action to pull yourself towards the life you were always destined to live.

Knowing why everything shows up in your life is just the beginning, being willing to go there and let your old identities go is not so easy, yet the effects can be instantaneous. Once you do this, stepping into a future you that knows they can change anything that is showing up in their life becomes almost effortless.

The 5 Steps or Principles (as I like to call them) To Awareness are as follows:

1. **Awareness** - of where you are and what's not working
2. **Responsibility** - of your actions and how you show up
3. **Release the past** - Self-forgiveness, situations and others
4. **New intentions** - New beliefs
5. **Inspired Action** - Welcome the future

Unknowingly I was using these 5 steps in everything I was doing for many years to allow me to get closer to my path and to essentially wake up every program I was running. Once I started working with clients and helping others achieve the same in their own life, I realised the same consistent steps were required for true change to happen in almost all people's lives. For true change to occur and for true awareness to be a friend for life use these 5 principles and check in with yourself to feel into at any given time where you may need to take more responsibility and awareness around why things are showing up in your life.

Principle 1 - Awareness

To be able to improve your life, you first need to know yourself. Awareness of how you are showing up, how others are showing up in response, awareness of your past self and who you are set to be.

There are many ways of reaching awareness, but the first place I like to visit is your feelings.

Answer the following categories with the first ideas that come to mind. The first immediate answers that pop up for you. There is no right or wrong, just let it flow.

How do you currently feel about life in the following areas?

Physical Appearance

Health

Business/Career

Intimate Relationships

Family and Friends

Fun

Personal Growth

Bank Balance

Now I want you (again just let it flow with this without thinking too much) feel into and write down the top 3 things that you value most.

Why are we doing this?

You've written down how you feel about the different areas in your life.

Now I want you to ask yourself, what do you value most. A category from above doesn't have to be the answer (but it could be), but more of whatever springs to mind if you ask yourself that question. E.g. you might think kids, wife, motorbike 🏍️ whatever is valuable to you. No judgement.

I value:

1. _____
2. _____
3. _____

Now we are going to have some fun with this.

The following questions have been adapted from Dr. John D Martini's values system. Answer the questions below with the first things that come up for you. You'll be surprised with what we do with the answers later on.

1. What do you fill your personal or professional space with primarily?

Look carefully and specifically at how you fill your personal or professional space.

What are the three items that you fill your space with most? What three items stand out in your space?

E.g. Books, laptop, diary/journals

2. How do you spend your time? First, 2nd and 3rd when you are awake?

Look carefully and accurately at how you spend your time. What are the three things that you spend your time on most? You will make time for things that are really important to you and you will run out of time for things that aren't.

3. How do you spend your energy the most and what energizes you the most?

Next, look at how you spend your energy and what energizes you most. What are the three things that you always find energy for most? You will always have energy for things that are truly highest on your values list and that inspire you

4. How do you spend your money most?

How do you spend your money and your resources most? What are the three things that you spend your money on most? You will feel reluctant to spend money on things you perceive to be unimportant.

5. Where are you organised and ordered the most?

Where are you ordered and organized most? Where do you have the highest degree of order and organization? What are the three things that you are most organized in? Where are you most organized?

6. Where are you most reliable, disciplined and focused?

Where are you most reliable, disciplined and focused? What are the three things you are most reliable on? Whatever is highest on your value, you will be disciplined to do?

7. What do you internally dialogue with yourself most about?

What do you internally dialogue with yourself about most that is meaningful and that is gradually coming true or into your life? What are the three things that you internally talk to yourself about most that are manifesting?

8. What do you most talk about to others in social settings?

What do you most talk about in social settings? What are the three things that you externally converse with others about most? What are the three things that you keep

wanting to bring your or other's conversations to that nobody has to remind you to talk about?

9. What inspires you the most?

What inspires you or are you inspired about most? What is common to those individuals that have inspired you most? What is common to all those things, insights, experiences or events that have repeatedly inspired you?

10. What are your most consistent long-term goals that are coming true?

You are most willing to stretch yourself and persistently act towards goals that have the most meaning to you. So, what are the three most consistent long-term goals that you have persisted working on that have stood the test of time?

11. What do you love reading, studying, listening and learning about?

What topics of study inspire you the most? When you enter a bookstore, which section do you make a beeline for? Which topic of magazines do you subscribe to? Which section of the newspapers do you turn to first? Are there nonfiction TV shows or film documentaries that you seek out?

Now I want you to look at the answers you gave for each question. Notice what those answers point to.

For example, if you put family as one of your 3 top values originally, does it show up as actually how you spend your time and energy now, having looked at the answers you've given?

With awareness of your true values, rather than what you think they are, you will now have the power to change your life. You now know where you spend your time and money (which shows where your true motivations lie) rather than where you think you spend it.

Your values are what are currently living in your programming that causes your actions. Some of your actions (especially if you're reading this) will have been awoken by your soul and for example you might find that personal growth and facets of that such as reading, learning or going to events is part of where you

spend your time and money.

So you say to yourself that family is a top value, but your actions show that you spend only 10% of your time with them.

Look at your values now and decide if you are showing up with your actions that align to values that you want to be creating.

Principle 2 – Responsibility

What do you want?

Now ask yourself what do you actually want?

Write down against the following categories again, but this time what and how you would like life to be in those following areas:

Physical Appearance

Health

Business/Career

Intimate Relationships

Family and Friends

Fun

Personal Growth

Bank Balance

Now ask yourself, comparing the first answers you gave in the previous principle compared to the answers just now, what is currently showing up in your life that isn't working for you compared with what you want?

Whatever is showing up in your life needs to be deciphered as to whether it's one of 4 co-creations. It can be hard pill to swallow (trust me), but once you realise which of these 4 areas are contributing to your reality, it becomes so much easier to then make a change in your life.

The key to the 4 questions and aspects of you co-manifesting in your reality, is to be open and honest with yourself and be in a state of complete innocence and non-judgement as to what parts of your reality are a part of your creation.

1. Karma – Feel into whether what is (or isn't) showing up in your life is a reflection of something you've done in the past (this lifetime or otherwise). Ask the questions below and see what pops up for you if you're not sure.

“Who does this belong to?”

“When did I first feel this feeling?”

“What decisions have I made around this feeling in the past?”

“What did my parents teach me about this situation?”

2. Being – What parts of what is showing up in your life or not is in you? What I mean is that if you want to attract an amazing partner who is kind, open and honest into your life, but all you're getting is someone who's the opposite of that, then check in with yourself first of all, do you possess those qualities?

If you do possess those qualities in the direct area you want to experience them, then also be sure “with awareness” to check into other areas of your life to be sure you're not being honest in relationships, but deceitful in business, as an example.

“What parts of me are being reflected in this situation?”

“When did I first feel this feeling?”

“What decisions have I made around this feeling in the past?”

“What did my parents teach me about this situation?”

3. Intention – What are your held thoughts? What are your intentions at the start of each day? Have you defined what you actually want?

If you decide you want more money in your life, then define how much you want, what you want the money for, how you will feel and how it will help the consciousness of the planet.

If you want a partner who makes you feel a certain way, sit down and write out all the attributes and qualities they have as well as how they make you feel the way they do. Then the universe is going to know how to assist you. It's amazing how many people don't do this!

4. Actions – or lack of them! What inspired actions are you taking each day that help to shape your reality. If there's something showing up for you in your life that you don't like or you want to improve, simply ask your consciousness the question "what part of me is creating this in my life?", then be still and see what pops up in your psyche.

Principle 3 - Release The Past

Release the judgments of the past

When you're able to accept that your parents and society always did the best with the wisdom they had and with the consciousness they possessed at the time, you can start to go some way to understanding why you have always felt like the black sheep of the family and start taking ownership as the leading edge of consciousness of the family.

What would you like to change?

Forget thinking objectively, but recognise and feel into what is showing up in your life right now that is causing tension in your life, bad feelings and emotions to surface.

You can ask yourself:

“Who does this belong to?”

“When did I first feel this feeling?”

“What decisions have I made around this feeling in the past?”

“What did my parents teach me about this situation?”

Finding the point of creation

Grab an A4 piece of paper and write out 0-5, 5-10, 10 – 15, 15 – 20, 20 – 25 etc..

Then create each of those ages into a column.

In each of the column, work your way through each age bracket feeling into any situations that you experienced to do with the feeling you are working on.

Once you have found those memories which feel strongest. Work on them be acknowledging what happened, seeing the gift in what happened and communicate that with your inner child or younger self.

[Then use the video here online on forgiveness.](#)

Principle 4 – New Intentions

Once you have gained the awareness of where something comes from and then released the past of where those beliefs and actions came from, it only then makes sense to infuse yourself with new beliefs.

What often holds someone back however, is that they still have beliefs of themselves that doesn't serve them. These judgements of ourselves come you're your parents, family, friends and what they say about you, or what meanings as you grew up you ascribed to from their judgements and your own experiences.

Once you have got to the point of awareness of all that, that no longer serves you and you know what you want to change and go for in life, you need to start by accepting where you are.

To truly accept where we are in the current moment takes a lot of courage for some, as you need to let go of all the things you think you "should" have achieved by now and let go of all the "should's" you think you should be doing right now as whoever you believe yourself to be.

How much of what you think you "should" be doing is based on someone else's expectation? How much of what you think you should be doing is your own judgement or a decision you made in the past of where you ought to be at this time?

Depression for example is often one of two things. We made a decision of how our life should look at an earlier age, that when we reach that age and haven't achieved that outlook our mind, emotions and energy can meet that decision and make a judgement that makes us feel less than optimal. The other thing of course is being off purpose. Our soul does it's best with something like depression to wake us up and align us with our purpose.

What can also stop us from accepting ourselves are decisions and ascribed meanings from when we were younger. For example we made the decision that each time we did something well got attention/love from our parents. As a result we run a survival program throughout our life that then says, we need to be successful to receive love/ to survive. Then when we are starting to wake up and realise that the six figure job isn't what we truly want, what our soul truly wants, the reptilian part of our brain that once to keep us safe, fights us in the form of sabotage or ill feelings.

Once we have the courage to embrace our true soul's purpose we can then being to set new intentions with complete openness to whatever shows up.

One of the best ways to do this is with the One Thing process taken from the amazing book by Gary Keller of the same name.

I've modified it slightly, so that you tap into your soul rather than your mind to get results your mind wouldn't have been able to come up with itself.

The key is to not have any held ideas of what you "think" you should be doing to get the desired result and just let whatever pops up into your mind, to do exactly that.

So what you end up as your daily or weekly thing, could be completely off track to what your overall vision looked like. Remember though, your soul knows what it's doing. Trust in the process and trust that whatever shows up is showing up for a reason and the One Thing you want to be doing right now to get the most acceleration and pull towards your goals and ultimately destiny.

One Thing Meditation:

[Click here to watch the guided meditation online now](#)

Close your eyes now and take 10 conscious breaths.

Ask your soul to infuse yourself with your purpose.

Ask to see now your ultimate vision.

Then ask God/The Universe to show you what is the one thing that you can do in the next 5 years that makes everything else easier or unnecessary to achieving that ultimate vision.

See that 5 year vision now. See, hear, smell and feel everything that is showing up. Feel yourself there.

Then ask God/The Universe to show you what is the one thing that you can do in the next year that makes everything else easier or unnecessary to achieving your 5 year goal.

See that 1 year vision now. See, hear, smell and feel everything that is showing up. Feel yourself there.

Now ask God/The Universe to show you what is the one thing that you can do in the next month that will make everything else easier or unnecessary to achieve your one year goal.

See that one month vision now. See, hear, smell and feel everything that is showing up. Feel yourself there.

Then ask God/The Universe to show you what is the one thing that you can do in the next week that makes everything else easier or unnecessary to achieving your one month goal.

See that 1 week vision now. See, hear, smell and feel everything that is showing up.
Feel yourself there.

Now ask God/The Universe to show you what is the one thing that you can do today,
that makes everything else easier or unnecessary to achieving your one week goal.

See that that task now. See, hear, smell and feel everything that is showing up.

Write all of what you saw down, as you go or at the end.

Ultimately it's the 1 week goal and right now today goal that's most important.
Your mind may have interfered at the beginning, but hopefully as you felt more into
it, the true tasks/goals would start to pop up that you wouldn't necessarily have
expected, or maybe you did and you now know that they are most paramount!

I recommend doing this each Sunday evening and planning your week around this
task/goal that shows up for the week. Then repeat on the following Sunday.

Principle 5 - Inspired Action

There's taking action and then there's taking inspired action!

By inspired action I mean taking action as a result of the inspiration that bubbles up inside of you, rather than "doing" because you feel you should.

Inspired action is in alignment with your soul, you leap out of bed and are excited to "Do" because your soul knows it's part of who you are, rather than something you feel you should be doing.

Once you have defined your values, let go of all you think you "should" be, become more of who you truly are and given yourself permission to start living the day the way your soul wants you to, you will start to feel inspiration pulsating through you, rather than feeling like you have to try and cultivate it each day.

The more you practice what has been covered in these 5 steps (feel free to revisit them at any time), the more your life will flow and you will get better and better at listening to your soul's call. Trust it and know that everything has been taken care of. You just need to pay attention to your feelings and listen.



Nothing excites me more than seeing someone be able to reach happiness where once there was sadness and forgiveness where once there was only pain. True self-awareness from a place of not being able to understand why everything was happening to you and know that you have the power to change everything that is showing up in your life is the ultimate accolade, by now I hope you believe that it is possible.

Here's to having the courage to being in your truth,

Duke Sayer