



New Path Coaching, LLC

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AWAKE: A Guide to YOUR ONE Amazing Life!

Discerning whether you are "awake" to your one amazing life is a powerful journey of self-awareness and presence. It's about recognizing the depth and richness of your own existence and understanding how you're engaging with life. Here's a guide to help you reflect on your current state of being "awake" and whether you're truly living your ONE amazing life:

1. Self-Awareness: Am I in touch with myself?

- **Reflect on your thoughts and emotions:** Are you aware of your thoughts and feelings as they arise, or do you often react without conscious awareness?
- **Know your values:** Do you have a clear understanding of what you deeply value and hold sacred? Are your actions aligned with these values, or are you living by default?
- **Authenticity:** Do you feel you are being true to yourself, or are you playing roles based on external expectations or societal pressures?

Awake signs: You have a clear sense of who you are, why you're here, and what truly matters to you. You engage with your emotions and thoughts consciously and can separate your core self from external conditioning.

2. Mindfulness: Am I present in the moment?

- **Awareness of the present:** Are you fully engaged in the present moment, or is your mind frequently wandering to the past or future?
- **Quality of attention:** Do you notice the small things around you—sounds, smells, sensations—or do you rush through life missing out on what's happening right in front of you?
- **Peace with the present:** Can you find stillness and peace in the present moment, or are you constantly seeking something outside of yourself to feel fulfilled?

Awake signs: You experience a deep sense of presence in each moment. You're not always thinking about what's next or what's missing; you can appreciate the fullness of life as it is, right now.

3. Purpose and Meaning: Am I living in alignment with my purpose?

- **Clarity of purpose:** Do you have a sense of purpose in your life, whether it's related to work, relationships, or personal growth? Or do you feel adrift, unsure of your direction?
- **Contribution to others:** Are you engaged in activities that serve others, whether directly or through your work or passion? Does your life contribute to something larger than yourself?
- **Flow state:** Do you feel moments of deep fulfillment and "flow," where you are so absorbed in what you're doing that time seems to disappear?

Awake signs: You are living with intention and purpose. You feel that what you do matters—not just for you, but for the world around you. You sense a deeper connection to your purpose, even if it's evolving.

4. Connection: Am I deeply connected with others and the world?

- **Interpersonal relationships:** Are your relationships grounded in love, empathy, and mutual respect? Or do you often feel disconnected, lonely, or misunderstood?
- **Interconnectedness:** Do you recognize the interconnectedness of all life, feeling a sense of oneness with people, nature, and the universe?
- **Compassion:** Do you feel compassion and empathy for others, even those who may seem very different from you, or are you more focused on your own struggles and perspectives?

Awake signs: You experience deep, meaningful connections with others and feel a sense of belonging in the greater fabric of life. Your relationships are not just transactional but rooted in genuine care and understanding.

5. Freedom and Letting Go: Am I liberated from fear and attachment?

- **Freedom from fear:** Are you driven by fear—of failure, judgment, or uncertainty? Or are you able to move through life with courage and trust in the unknown?
- **Attachment and letting go:** Do you hold onto past hurts, material possessions, or relationships in a way that limits your growth? Or are you able to release attachments and embrace change as a natural part of life?

- **Inner peace:** Are you at peace with the inevitable uncertainties of life, or do you constantly seek control and certainty?

Awake signs: You experience freedom from unnecessary fears and attachments. You've learned to trust the flow of life and accept what comes, knowing it's part of your personal evolution.

6. Gratitude and Awe: Do I appreciate the beauty and mystery of life?

- **Appreciation:** Do you regularly take time to acknowledge and feel gratitude for the blessings in your life—no matter how small?
- **Sense of wonder:** Are you able to see the world through the eyes of a child, full of wonder, curiosity, and awe, even in the everyday?
- **Living in gratitude:** Is your life infused with an attitude of gratitude, or do you focus more on what's lacking or what's going wrong?

Awake signs: You live with an open heart, full of appreciation for life's beauty, mystery, and complexity. You find joy and awe in both the grand and simple aspects of life.

7. Emotional Intelligence: Do I understand and manage my emotions?

- **Self-regulation:** Are you able to manage your emotional reactions, or do you often feel overwhelmed by them?
- **Empathy:** Can you understand and connect with the emotions of others, or do you struggle to relate to their experiences?
- **Emotional awareness:** Do you regularly check in with yourself to understand what you're feeling, and why?

Awake signs: You have a high level of emotional intelligence. You recognize, understand, and manage your emotions with ease and can also empathize deeply with others.

8. Growth and Transformation: Am I evolving and learning?

- **Openness to growth:** Are you actively seeking to grow—mentally, spiritually, and emotionally? Do you embrace challenges as opportunities for learning?
- **Resilience:** How do you respond to life's difficulties? Do you face them with curiosity and strength, or do you avoid discomfort and stagnate?
- **Self-improvement:** Do you regularly reflect on your experiences, seeking ways to evolve and improve, or are you stuck in old patterns?

Awake signs: You're committed to continuous personal growth and transformation. You see challenges as opportunities to deepen your understanding and enhance your abilities.

9. Integration: Am I integrating my experiences into a coherent life story?

- **Holistic perspective:** Do you view your life as a collection of separate events, or do you see how your experiences and choices come together to create a cohesive narrative?
- **Learning from experience:** Are you able to learn from your past, using it as a springboard for future growth, or are you repeating old patterns without reflection?
- **Inner alignment:** Does your outer life reflect your inner values and vision, or do you feel disconnected from the life you're actually living?

Awake signs: You are integrating the lessons of your experiences, viewing life as an evolving story. You align your actions, thoughts, and feelings with your deeper sense of who you are.

10. Joy and Fulfillment: Do I feel joy and satisfaction in life?

- **Joy in the journey:** Do you find joy in the process of life, rather than waiting for a specific outcome or achievement to bring happiness?
- **Satisfaction with life:** Are you content with where you are in life, or do you constantly feel like something is missing or incomplete?
- **Balance and harmony:** Do you feel a sense of balance, where work, play, rest, and creativity flow harmoniously, or are you feeling stressed and out of sync?

Awake signs: You experience a deep sense of fulfillment, joy, and contentment in the present. You are not waiting for life to start—you recognize that this is the moment you've been waiting for.

How to Deepen Your Awareness and Wakefulness:

- **Mindful practices:** Regular meditation, journaling, or contemplative walks can help you develop awareness of your thoughts and feelings.
- **Self-reflection:** Spend time in self-inquiry—ask yourself the hard questions and explore your deeper truths.
- **Cultivate gratitude:** Start a daily gratitude practice to help you focus on what's good and meaningful in your life.
- **Seek growth:** Engage in learning and growth opportunities, whether through books, workshops, or meaningful conversations with others.
- **Stay open:** Practice curiosity and openness. Embrace life's uncertainties and continue to evolve as you journey through life.

If you recognize signs of being "awake" in your life, celebrate your awareness and continue nurturing it. If you find areas where you're not fully awake, gently explore those spaces with patience and compassion. Life is a journey, and being "awake" is not a destination, but a continual process of being more present, connected, and aligned with your true self.

If you are ready to go deeper? Then Life Coaching might be your next step. Go to www.newpathcoach.com and sign up for a FREE 15-Minute Phone Consultation to see if coaching would be a good fit.