



A BRIEF INTRODUCTION TO CONSCIOUS USE OF SELF

DEFINITION OF USE OF SELF

The ways we use our intellectual, emotional, and physical energy from moment to moment, day-in and day-out, on automatic or consciously for better or for worse.

DEFINITION OF AUTOMATIC

USE OF SELF

How we use our energy automatically with little or no thought. Works just fine most of the time to get us through a day.

DEFINITION OF CONSCIOUS

USE OF SELF

Intentionally and deliberately choosing how to use our energy to accomplish our goals. Most useful when we wish to improve the systems we are a part of.

KEY AREAS FOR CONSCIOUS

USE OF SELF

1. Intention
2. Connection
3. Ego Management

"Most of us make **unconscious choices** in the things we do; we largely sleep-walk through the maze of possibilities available to us." Tony Robbins



"Greatness is not a function of circumstance. Greatness is largely a matter of **conscious choice, and discipline.**" James C. Collins

SOME REQUIREMENTS FOR CONSCIOUS USE OF SELF

1. Self-awareness
2. Curiosity, including the willingness to question long and deeply-held belief systems
3. Support systems