

Title:

Increasing Awareness To Achieve Personal Goals And Objectives - 1

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Summary:

One of the problems of the modern Western way of life is what many describe as the ^pace~ of l

The daily grind of getting up early, travelling to work, spending all da...

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Article Body:

One of the problems of the modern Western way of life is what many describe as the ^pace~ of l

The daily grind of getting up early, travelling to work, spending all day doing a job they mos

Such a description is, of course, a simplification, but it does have a strong tinge of reality

For those who have an existence as described, setting personal goals and objectives may be the

I have already mentioned self awareness diminishing over time with a repetitive auto pilot exi

How to Increase Self Awareness

Simply by thinking about it, and reading this article, you have shown self awareness and taken

How, though, can you increase self awareness? Here are just a few tips:

1. Embrace Silence

Many people in the modern world grow to dislike, even fear, silence. Yet silence is beneficial

2. Learn to Meditate

Learning to meditate, even for a short period each day or on as many days as possible, will au

3. Make Better Use of Travel Time

If you commute to and from work on public transport, and are able to sit down during the jour

Such a practice is like a meditation in transit. It will allow you to increase self awareness,

4. Do Something Different

It is very easy to go through life day after day without really even consciously thinking what

5. Debate With and Question Yourself

If your day runs on autopilot, then it it will just pass you by without the ^real you~ having

You can shake yourself out of that habit by frequently questioning yourself about what you are

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