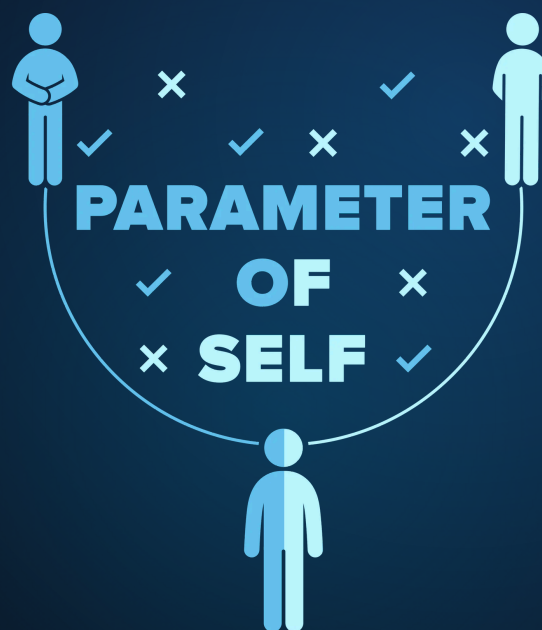


LIVE IN YOUR PRESENT

Parameter Of Self

Your guide to a calmer, more mindful you!

You are not your thoughts. You are present – and everything unfolds within the Parameters of Self.



Parameter of Self™ – owned by Awareness Services Pty Ltd

Welcome to **Parameters of Self**, your companion on the journey to present living and intentional well-being. This tool empowers you to navigate the inner landscape of your mind, fostering calmness, awareness, and empowered choices for a fulfilling life.

Notice Your Thoughts

STEPS 1-4

1 Embrace the Power of Now

Imagine your mind as a bustling marketplace. Thoughts constantly flit in and out, vying for your attention. But amidst the clamour, you hold the key to shaping their impact.

2 Tame the Mental Chatter

The first step? Quietening the noise. Learn to observe your thoughts without judgement, letting them go like passing clouds. This creates space for mindful control.

3 Explore the Inner You

Now, turn inward. Become aware of your current thoughts. This simple act of noticing is the foundation for understanding and managing them effectively.

4 Focus on What Matters

Not all thoughts deserve equal attention. Ask yourself if they relate to things you can control. Channel your energy towards what holds real power in your life.

Be Present

STEPS 5–14

5 Step into the Present

You are not your thoughts. You are present. Explore the boundaries of your inner self and embrace the here and now.

6 Live in the Moment

Life unfolds in the present. Let go of past regrets and future anxieties. Immerse yourself in the richness of what is.

7 Anchor Yourself

Choose one thing to focus on in this moment – a sensation, an object, your breath. This simple act grounds you in the present.

8 Solidify Your Choice

Write down your chosen focus. This reinforces your commitment to staying present.

9 Cultivate Positivity

Evaluate your focus. Is it constructive and positive? Use the Parameters of Self tool to assess the potential impact of your thoughts.

10 Understand Your Triggers

Acknowledge that anxiety, stress, and worry often stem from your thoughts. Knowing this connection empowers you to manage them.

11 Seek Support

If controlling your thoughts feels overwhelming, don't hesitate to seek professional help. A therapist or counsellor can offer valuable guidance.

12 Bring it All to the Present

Continually strive to bring your thoughts, concerns, and emotions into the present moment. Remember, they all exist within the "Parameters of Self".

13 Embrace Mindfulness

Integrate mindfulness and meditation practices into your routine. These tools ground you in the present and enhance self-awareness.

14 Start with a 5-Minute Pause

Try the Parameters of Self Meditation for a guided body scan and breathing exercise. 5 minutes can make a world of difference!

Make It a Habit

STEPS 15–19

15 Stay Present, Moment by Moment

Periodically check in with your thoughts. If they wander, gently redirect them back to the present.

16 Choose Positivity

Make a conscious effort to keep your thoughts positive and constructive. This sets the stage for a more fulfilling life.

17 Remember, You Have Choice

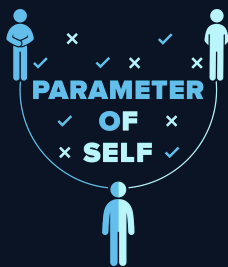
Every thought, emotion, and action is a choice you make. Empower yourself by choosing with intention and mindfulness.

18 Align Your Focus

Regularly assess your focus and ensure it aligns with your goals and well-being.

19 Return to the Now

Always come back to the present moment. Recognise that everything unfolds within the "Parameters of Self".



By applying these principles consistently, you can cultivate inner peace, navigate your thoughts with clarity, and make choices that contribute to a happier, more mindful you.

Start your **journey** today!