

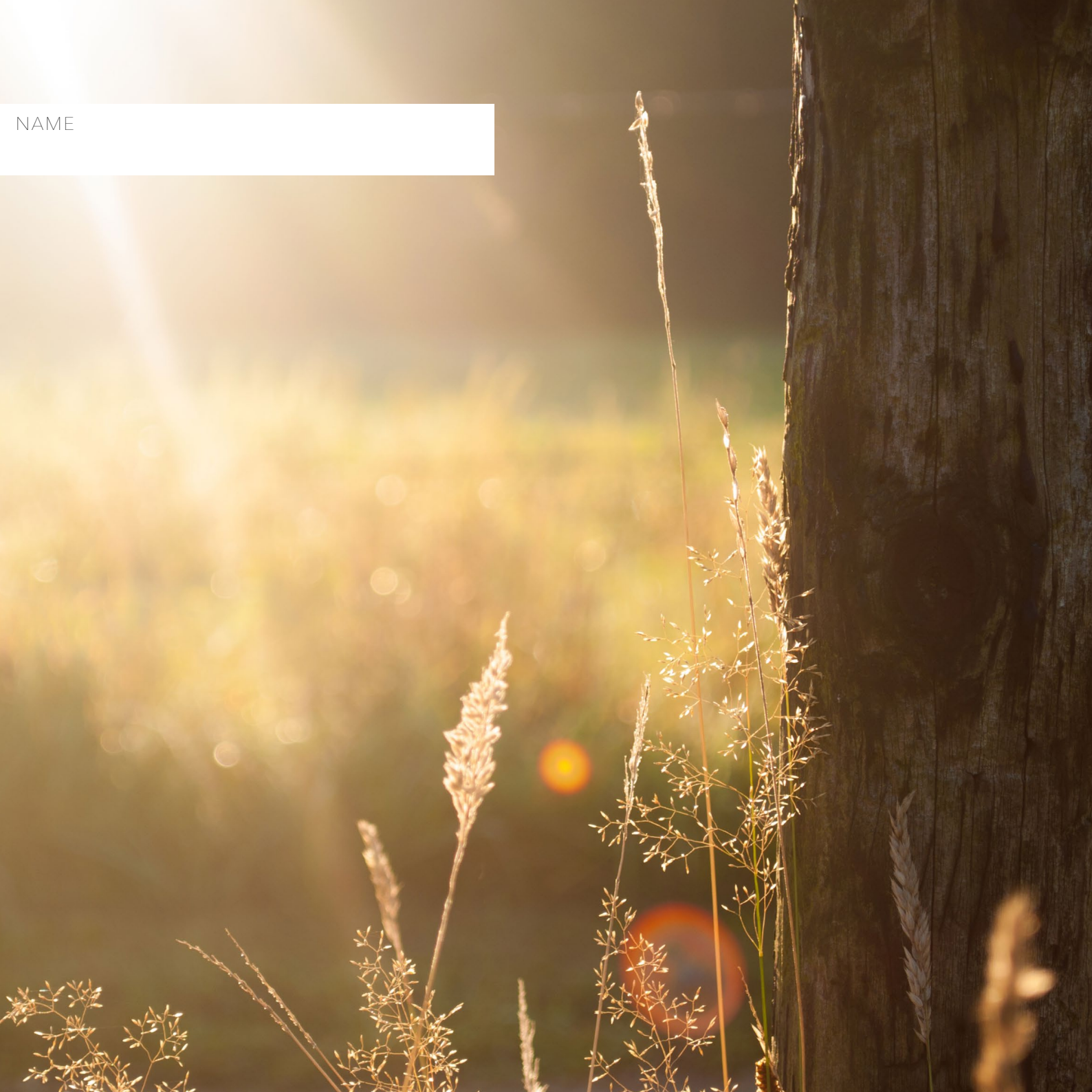
# AWAKE

How To Live A Sustainably Mentally Healthy Life



[thehopeprojectnow.com](http://thehopeprojectnow.com)

NAME



AWAKE is a set of skills and understanding to help people step out of negative behaviours or be able to make intentional decisions to navigate life better.

This essential life knowledge was accumulated by the Founder of The Hope Project when she realised the lessons and skills she used and developed to triumph over her struggles, could also help others in need. She wanted to create a compassionate resource that helps people become more deeply aware of their humanity and provide a place to start for those gripped by struggle, their families who support them and effective prevention from pain we unknowingly inflict on ourselves and others. When people are taught how to live not just expected to know how to exist, incredible shifts happen, capacities increase along with kindness, empathy, understanding and that leads to less judgement, shame and fear.

AWAKE is changing the conversation of addiction and struggle. AWAKE helps people to proactively live sustainably mentally healthy lives.

HOPE stands for Help Other People Everyday and that outcome is achieved only through a sustainable approach and that approach is AWAKE, Awake to life, Awake to Hope, Awake to Self..

The 5 key pillars of the  
**AWAKE** Program:

**A** - Awareness

**W** - What you need

**A** - Authenticity

**K** - Keep eyes forward

**E** - Everyday Mindfulness



## OBJECTIVES

Changing The Talk Around Addiction

Exploring Awake Fundamentals

Nlp Communication And Senses

Increased Understanding Of Self

Anchored To Truth And The Present

Connection To Humanity

Staying Awake And Taking Control (Self Correction)



# WHAT IS ADDICTION?

I'd like you to spend the next minute, thinking about the word addiction and what YOUR definition is.

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I'd now like you to think about all the things we become addicted to and record them below.

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AWAKE







Let's explore the 5 key pillars  
of the **AWAKE** Program:

**A** - Awareness

**W** - What you need

**A** - Authenticity

**K** - Keep eyes forward

**E** - Everyday Mindfulness

# AWARENESS


*Socrates says that people make themselves appear ridiculous when they are trying to know obscure things before they know themselves*

TO CREATE A SHIFT IN SELF FROM BEING REACTIVE AND OVERWHELMED TO BEING INTENTIONAL

To build and develop your own personal awareness and recognise when you don't feel right within yourself, it is an indicator to you that you are in an unsustainable environment (a long term situation that is impacting negatively on you emotionally, physically and spiritually).

Pay attention to what is impacting on you, both internally (self talk) and externally (how others treat you / environments). Practicing awareness helps you grow in self knowledge, when you have given yourself time to understand what is impacting on you it enables you to make intentional conscious choices rather than unconscious, impulsive reactions.

Eg from birth we are all impacted daily by things beyond our control, both positively and negatively, we take on invisible layers that coat us from these experiences - think of them as articles of clothes. Some of them are yours and they have helped form your learning and personality but others are not yours and you need to remove them and understand why you put them on in the first place. Learn the lessons of the layers that weigh you down and as you grow in self knowledge you actually feel lighter. Understanding your personal boundaries helps you to maintain these layers from building up again and becoming overwhelming. Mental freedom from letting go of things that have been part of the learning and experiences of our past is important and it then increases our capacity in all aspects of life. When our mind is weighed down in fear, shame and regret, we just exist and have no awareness of the shifts that are possible. Our body will keep trying desperately to wake you up from this nightmare of existing.



I invite you to take a peek inside to know what this existence is all about.  
The person who said, "Know thyself," didn't make it up to make your life more difficult.  
But, there was something there, some mystery that could be solved. Humanity will face many, many  
challenges, and of the biggest challenges is to find peace that is within every single being.

That has been an incredible challenge.

People say, "Peace is not possible." But the personal peace - the peace that you have  
inside of you - is very possible and has always been there, and that is why it is said, "Know thyself".

- Prem Rawat

# IF I'M NOT AWAKE HOW DID I FALL ASLEEP?

The human body is designed to withstand incredible thresholds of endurance, short term, look at sport matches, Olympics etc. Long term however, is a very different thing altogether. When our mind and body are put under intense pressure, it can only withstand that pressure for so long, our brain sends out signals to us to of the distress and when they go unanswered, it compromises in some way. This is not a defect it is in fact the essence and privilege of being human. Our society has skewed this fact and created an environment that then judges harshly people for being human.

There has never been a time where people are expected to exist so unsustainably, whilst simultaneously so ill-equipped to recognise and notice what is happening all around us, there are now so many different societal symptoms of the same problem.

By our society not recognising the source of the pain and helping to stem the flow, only focusing on the end outcomes of the pain, our society has fractured and splintered one problem into so many. This has also made people feel desperately misunderstood and isolated rather than reassured that they are A NORMAL HUMAN BEING and helped effectively with their pain, instead of being helped to understand the unsustainable environment they are trying to exist in, they are labelled or diagnosed and isolated further from 'NORMAL' society.

When we don't understand what our vital needs are as human beings and only focus on the distractions of this modern world we can fall asleep in record time, our vital oxygen cut off without even knowing it. When a person is asking themselves 'is this as good as it gets?' or just day in day out on the treadmill of existing - they are physically awake, but unconsciously asleep.

Right now millions across the globe are in this space and they have no idea how they got there, how to change or even aware that change is possible because the hopelessness is so entrenched. Waking up humanity is the task of greatest urgency because it is effecting everything and everyone.

From how we relate as human beings to how we conduct business and take care of ourselves and the planet. When a person is asleep they don't have the capacity to care because they are drowning in daily overwhelm. Male or female, rich or poor across all countries this is a FACT! No one is naturally immune to struggle, AWAKE as a skill set will definitely improve our long term ability to thrive in humanity

Name a time when were you asleep?

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Name a time when you were awake?

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# WHAT YOU NEED

Taking care of yourself is vital not selfish. There is so many mixed messages that the media puts out there about self care that is wrong, it is not about justifying bad behaviours and calling it 'me time', it is not self indulgent, costing a fortune with feelings of guilt attached. It is soul restoring, time that is just yours and being comfortable to just be ok with being human and comfortable within your skin.

It is important to understand your essential needs and the detrimental effect to ones mental, physical and emotional health that occurs as a result of ignoring them. When our needs are ignored it tends to lead to people falling asleep in life. When self care is practiced daily ones capacity grows not only to be able to accomplish more personally, but to grow significantly in compassion for others.

Eg think of a way that you can do something just for you everyday. A walk, reading, painting, journaling, something that makes sense to you and creates time and space that is just yours. This allows for you to be better prepared and creates a buffer zone for your mental health to be able to make intentional choices. So many people in our modern society are running at maximum capacity debt, stress, responsibility, EVERYTHING!

Think of a cup that is already overflowing there is no where for any additional liquid to go, there are so many people trapped in overwhelm because they have no skills to draw on to make the right decisions out of it so they just keep going trying to cope by medicating their life to just keep surviving and pretend things are ok putting up a façade for fear of judgement which then puts them into an even worse unsustainable environment. Everyday we see the social evidence that this model is not working as marriages are destroyed, to crime, poor mental health and addictions escalate. A proactive safeguard to protect individuals from avoidable harm is to practice daily self care.

# WHAT ARE OUR BASIC NEEDS - YOUR DAILY OXYGEN?

Food, Clothes and Shelter, ask any one and they will say these three things are our essential needs, however this is not the case as it doesn't address our mental health needs. Our need for inner peace and understanding surpasses our other needs and this is clearly evident when we see a celebrity struggle publically. People ask themselves 'Why are they ruining their life, they have it all' When our vital mental health needs are not met, it doesn't matter how rich or poor, how old or young, our body is not designed to just endure pain, the pain and discomfort we feel is meant to prompt us to self correct. Because we have not been taught to self correct we just try and self soothe in whatever way, shape or form appeals to us, from sugar to heroin, adrenalin to aggression, sex, hoarding, gambling, shopping, internet etc.

Needing to have mental peace in our modern society sounds like a luxury to most and that is in itself is the other problem, we have normalised so many things that have negative outcomes on our mental health, then shame people for being human. What is wrong with this picture is that we are like a dog chasing its tail. Our society is imploding, causing high amounts of anxiety and stress, which causes poor mental health outcomes which causes society to implode!

WE HAVE TO COME AT THIS FROM ANOTHER PERSPECTIVE. We have to break the cycle and embrace our humanity again. We have to get honest and make changes for the betterment of all. We have to get smarter about how we live and take personal ownership of our mental health and fiercely protecting it.



In a perfect world, what are your needs (be specific)?

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How could you implement just one of these right now?

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Why do you think self care should be important to you?

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# SELF REFLECTION

1. Be fierce about your self and personal space.  
What is one new boundary you can implement this week?

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2. List a way you could encourage someone you love into self care.

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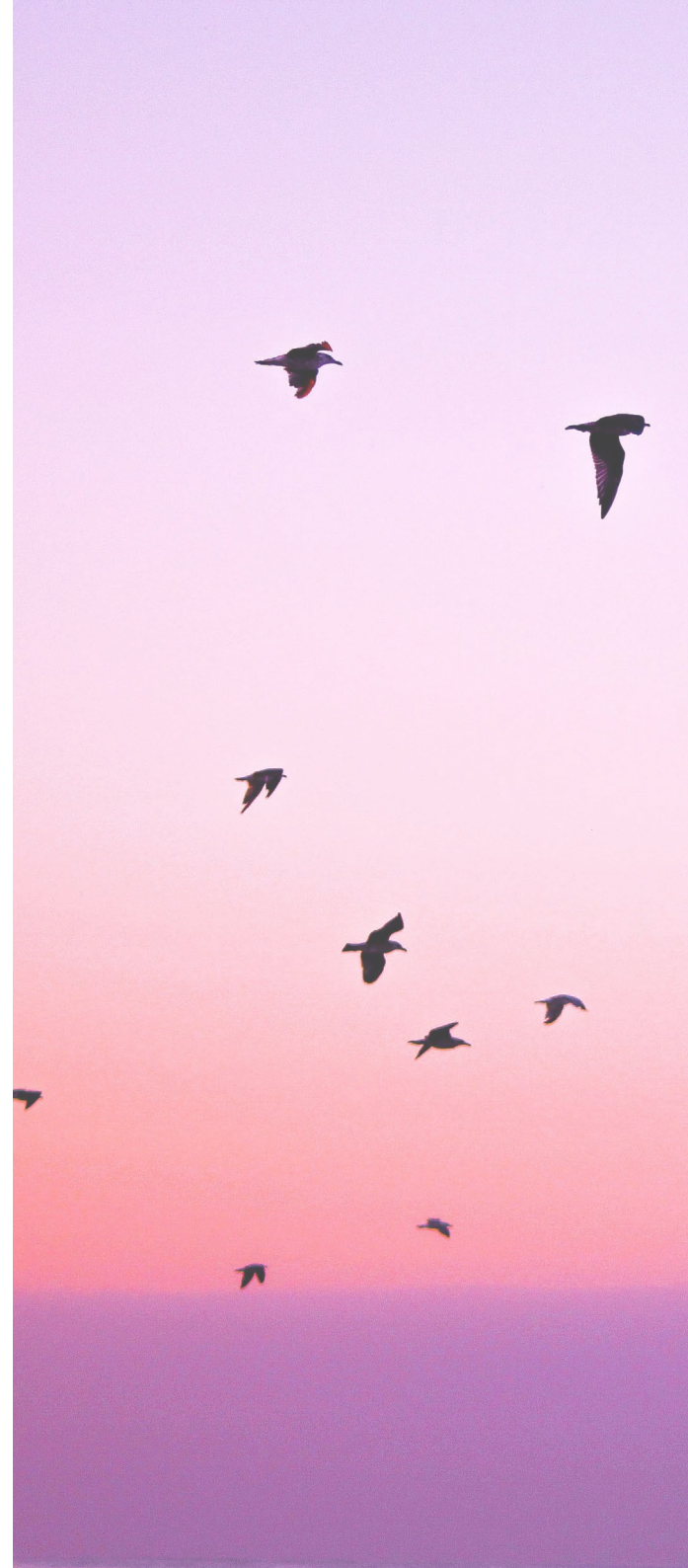
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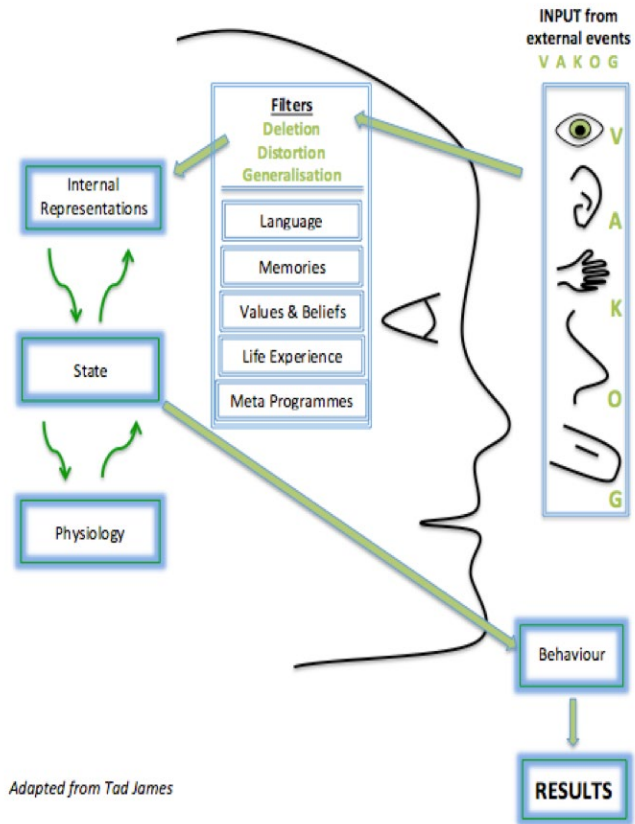


# BEING AWARE OF OUR DRIVERS WHEN WE ARE NOT AWAKE

When we are prompted to act it's important that we are aware of why we do what we do. We are impacted by information all day, everyday, that we receive from our 5 senses -Sight, sound, taste, smell and touch which is explained through NLP Communications Model (Neuro-Linguistic Programming) The studies of Richard Brandler, highlight the relationship between what we are exposed to and how we then think and act. It is important therefore to lift our awareness of why we do, what we do.

This awareness happens by recognising our other SENSES as the driver of our actions and well being. When we are not AWAKE we are being driven by these SENSES, we are either Stressed, Escaping, Numb, Scared, Excited or Secure. We are being driven by our emotions.

# NLP COMMUNICATIONS MODEL



# PROCESS OF HOW WE LEARN

Input from External Events

Filters

Language | Memories | Values & Beliefs | Life Experience | Meta Programmes

Internal Representations

State

Physiology

Behaviour

Results

# YOUR SENSES

Recognise in your behaviour and check your:

Stressed

Escaping

Numb

Scared

Excited

Secure

And how they relate to your core needs

Check Your **SENSES**:

**S** - Stressed

**E** - Escaping

**N** - Numb

**S** - Scared

**E** - Excited

**S** - Secure



## AM I...?

STRESSED - Stress leads to overwhelm and this highly emotional state leads us to try and cope, cut corners, make things easier because its highlighting you are at current MAX capacity. Compromises then follow in all areas eg. diet, behaviour, immunity, judgement, mental and physical health. Awareness of stress levels is so important and self care and rest is critical.

ESCAPING - This driver in our body is a clear indicator that we are in an environment that is unsustainable and it is important to recognise in this case who or what is impacting us negatively, and build strategies around this. Anything we run away from is never dealt with and only prolongs pain, building awareness and help seeking is vital to understand what is truly driving you.

NUMB - When we get hurt, we can grow cold towards people or feel detached from ourselves. Not being aware in this area means that you cannot grow through the experience and separate out the truth from the hurt and process your thoughts effectively. Having an attitude of zero care factor only keeps you isolated and existing alone. We are not designed to be alone, not even in our own head. Talking is key to build awareness and understanding all that is impacting you

## AM I...?

SCARED - Fear motivates almost everything we do in this modern era we are bombarded by fear messages in the media, especially the fear of missing out. Knowing what you are afraid of helps you build strategies to manage with them or process and overcome them. Nurture the spark inside prompting you to engage in your passions and quieten the voice of fear that tries to stop you from being who your soul needs you to be.

EXCITED - Adrenaline is very addictive and if someone is vulnerable it can be as appealing and highly normalised but it can be a factor that we may need to be aware of as we can still make incredibly poor choices in the pursuit of excitement, it is a huge prompt for you to engage with a passion that connects you into humanity.

SECURE - our need for security drives us to do things we would not normally do and this is heightened when we are not AWAKE. A child in a volatile home, a unsteady work placement, a rocky relationship, friendship woes and even body image and self esteem. It is import to realise that these things can effect us deeply if we don't pay attention to what is really going on and separate out truth from fiction, their stuff vs our stuff. Remembering always we can only control ourselves and not others and if things others are doing continues to impact us we must keep vigilant of our own mental health and keep being mindful of the importance of self care in these times to stay mentally sharp.

Identify your drivers (stressed, escaping, numb, scared, excited, secure).

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List an example of when these drivers have made you react.

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## IN THE ABSENCE OF TRUTH THE ALTERNATIVE IS ACCEPTED

When a person has experienced struggle they need to be restored, physically, mentally and feel connected back into society and in proper connection to themselves. Surrounding themselves with gratitude and positivity and support is important. No one destroys their life on purpose, The Hope Project believes that they simply didn't know how else to exist in their life and this is because we have never been taught how to thrive, merely expected to know how to exist.

# IMPORTANT SELF CONNECTION

## WHAT IS CONNECTION?

Connection is vital for us to thrive as human beings and Johann Hari talks about it in his Ted Talk, the opposite of Addiction is Connection. He highlights social connection as a key to overcoming struggle, this is true but it also involves another step, which is connection to self. It is not something people are even aware that they need to be monitoring it, but when we loose connection with ourselves, we have stopped listening to our body prompts and are not 'showing up' for ourselves in a way that matters.

This disconnect within ourselves is a huge barrier for people to connect with others in a meaning full or sustainable way, and it can be hard for the person to recognise what has happened and when the disconnect occurred. A person waists an enormous amount of energy in a state of disconnect, because the person is not at peace with themself.

This could look like a person in a rut, just going through the motions of life and not actually enjoying it. When you connect with yourself and practice self care, finding joy in everyday life becomes easier again.

# AUTHENTIC

It is extremely important to be comfortable in your own skin and not controlled by fear or what others think. When we operate outside of this place it becomes an unsustainable environment. Being real and vulnerable promotes being in touch with what your unique gifts are and how you need to engage with them in a sustainable way, that makes sense to you. When we are real with one another it, leaves no space for judgement or stigmas. When we relate to each other humbly and honestly it naturally diffuses other people and they feel safe to be able to share in return.

There is no one here on earth who is perfect so no matter how intimidated you are by someone else's life, we all have stuff we have had to deal with or will to come so we need to speak authentically and vulnerably to one another and stamp out the judgement and shift humanity back to positivity. Eg social media is a haven for people to pretend life is perfect, this is unsustainable environment and it is just as crippling long term as a person who has low self esteem.

Being fake leads to feeling of guilt, shame and fear just like addiction. Being vulnerable creates space for others to meet you where you are at. Remember be ok with you and your uniqueness, we are all meant to be so different by design.

If some one has a problem with who you feel you are then **that is their stuff not yours.**





Identify when and where you are putting on a façade.

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What are you withholding (even from yourself)?

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If you are selective with your time, intentional with your relationships and you identify the clutter - what changes could you make in your life?

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List one person who you believe you could be authentic with?

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What outcome would you be seeking to achieve?

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# SELF REFLECTION

1. Identify over a 24 hour period what pushes your buttons on social media or encounters.

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2. What it is about you that you need to know and understand further about yourself?

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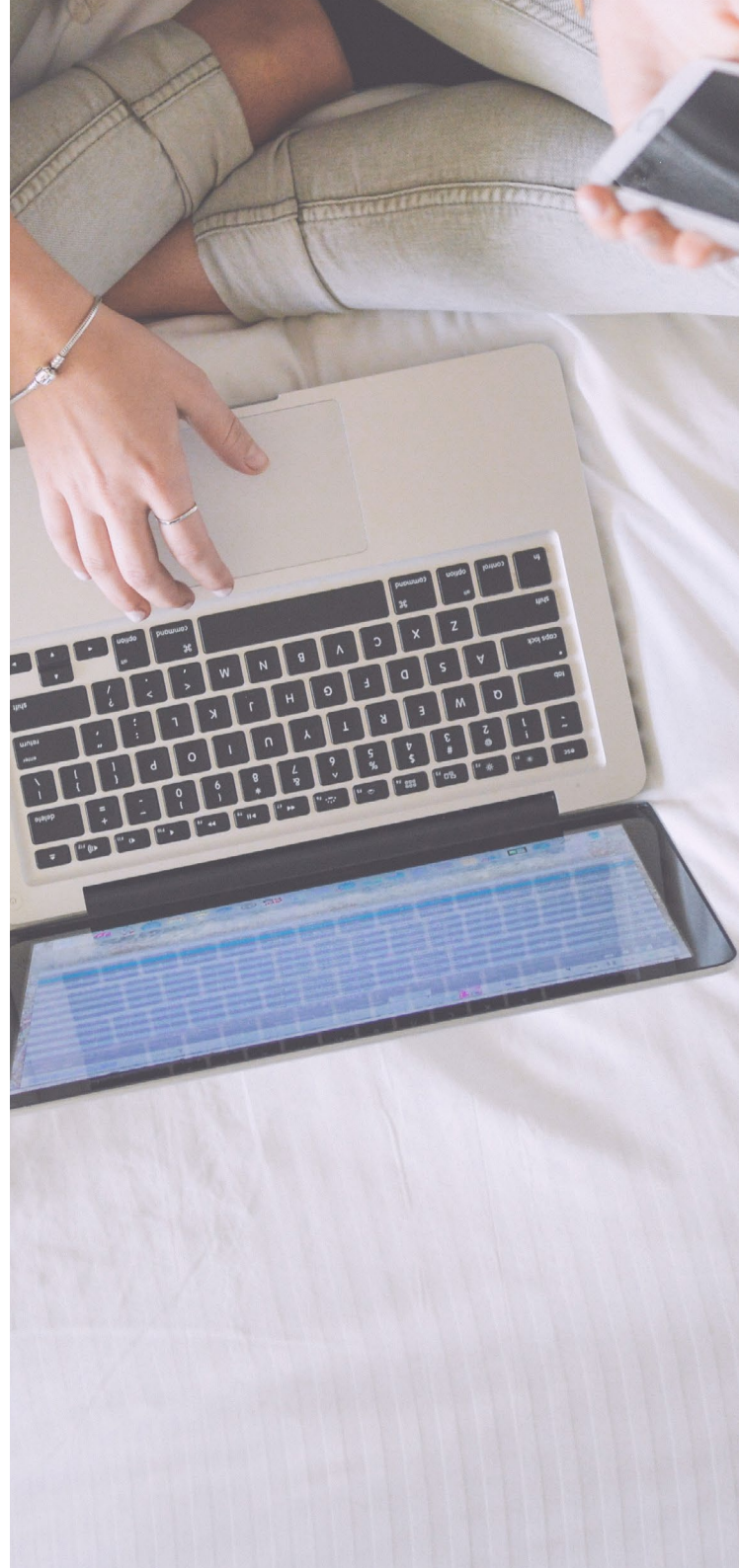
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# KEEP EYES FORWARD

We can learn from the past. It is a fantastic tool to grow in self awareness, it is never meant to be carried like a dead weight with us forever. A person cannot live sustainably bearing that weight. Looking forward keeps you going in the right direction and with eyes shifted up. Notice your capacity grow in all areas from daily self care and when the opportunity to help others is in front of you, it becomes easy to engage because your needs are already being met. Remember, we are only meant to see what is in front of us, so stay present, It doesn't help us at all to look back. The past is more of a personal learning library. Just take the learning from it, not the pain. Self forgiveness and forgiveness of others, even if they have caused us immense pain, choosing to do this is all about you and your mental restoration. Resentment and anger towards others is poison to our souls and robs us of inner peace. It isn't easy but it involves incredible courage of spirit and return to your inner strength. Being present means letting go of concern about all things we cannot see, like the future, as it is promised to no one.

Eg - Ask your self each day, Who was I kind to today? and What was my favourite part of the day? This reminds us to keep our eyes looking out, not down and therefore notice others in need or things that we can change in the world. Practicing the favourite part of the day reminds us there is something positive in each day, even the very worst ones if we look at it from all angles.

# NOTES

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What symbolic thing can you do to leave your past behind?

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List all the ways you could be a light in the life of someone else's pain.

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What could be the minefields that may stop you from achieving the above?

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What works for you? ie. exercise, deep breaths, ceremony, music, messages.

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What are some of the measures you could put into place to avoid these minefields?

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List ALL the support mechanisms you have right now.

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## SELF REFLECTION

What symbolises hope for the future?

Be aware of each day and the progress you have made.

Self talk that is positive even in the hard times and all seasons.

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# SUSTAINABLE DEVELOPMENT GOALS




# THE UNITED NATIONS - 17 SUSTAINABLE DEVELOPMENT GOALS

These incredibly diverse goals, to be achieved by the year 2030, not only cover every aspect of the earth and its needs, but it focusses us on to humanity too. That is why these goals are having a phenomenal impact because they require people young and old to engage with them in a sustainable way. School children, workers across all sectors, families and community groups can access others locally or globally, working together to get them achieved and contribute positively.

# EVERYDAY MINDFULNESS

Some people practice mindfulness, others pray, meditate, yoga, listen to soft music. The how is not important, its just vital to be quiet for a few moments a day. This 'showing up' for you, can change things dramatically in your mental capacity and well being of your life. Asking yourself in a moment of anger, sadness, fear, shame, pain and even excitement, AM I AWAKE? Am I Aware, have I met my needs, am I being authentic, have I keeping my eyes forward and present and have I been doing it daily? This checklist helps in a few moments highlight the area of attention your body needs. This toolkit of knowledge and skills is available to help us in times of hardship, to make sense of what is impacting on us and not be left grasping for answers and spiralling in shame and fear. It helps you see clearly the area of blindness that you are experiencing so you can self correct or help seek effectively. Practicing self care, being self aware and having positive self esteem are the essential three components to being mentally, physically and emotionally well. You will be able to make intentional decisions, not emotionally reactive ones.

Eg when someone you love says something mean or hurtful. Being mindful of whether you are AWAKE in that moment helps you to act rather than just react. It also helps you to notice when others around you maybe asleep to their own needs and perhaps reacting to stuff you know nothing about in their own life. This can immediately remove the pain out of the situation when you can see the other person's pain and what may have driven them to hurt you. It doesn't make what they are doing right, but it prevents the impact of the situation having a negative effect on you. That boundary of knowing what is your stuff and what is theirs is such a vital tool in maintaining positive self esteem and sustainable mental health. It helps you have compassion and understanding for people that you don't have to even agree with.

A person is sitting outdoors, viewed from behind, looking towards a bright sunset. The sun is low on the horizon, creating a strong lens flare and illuminating the scene. The person is wearing a white t-shirt. In the foreground, a fountain with a chrome spout is visible, reflecting the light. The background consists of blurred green trees and foliage.

When things are impacting on us in an overwhelming way, a very simple way of connecting back to ones self is closing your eyes, taking deep slow breaths and focusing on the breaths only, letting go of all the other noise in your head. Focusing on just your hand resting on your leg, the feeling of your back resting on the chair etc. This practice trains your mind to come back to focus. It helps manage stress and it reminds yourself that you are in control of your thoughts if you choose to pay attention. No one can stop thoughts entering your head but whether or not you engage intentionally or reactively with them is a valuable skill to learn.

What is the part of the day that is just yours to plan and prepare?

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What would be the benefits of being prepared?

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Identify immediate ways in which you can help others.

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What help could you aim to give in the future?

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In uncovering your purpose, what are the whispers you have ignored?

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What steps would you have to take to start the ball rolling on your purpose?

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## SELF REFLECTION

Let's put together a plan.

This is to help you action the new learning. Find someone you can communicate with freely and document the changes YOU want to make in your life. This person you share your plans with, will help you hold yourself accountable and

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## SELF CARE

Daily showing up for yourself, creating a small amount of space and time just for you, without devices, to reflect and gather your thoughts, it maybe a walk, gym, reading, art, journaling etc it doesn't have to cost anything. This is time for you to create a buffer zone of mental space and allow your creativity and inner purpose and gifts to flourish. It creates the capacity to help you navigate through challenges with a clearer mind. Our world is such a fast paced busy place, that this space that our minds and bodies desperately need has been overlooked, not realising that it is the very oxygen we need in order to stay AWAKE in our life.

# SELF AWARENESS

This skill is built by practising Self Care and noticing each day the things in your life that upset you, excite you, annoy you and bring your passions alive. Each day notice these things from the view point of asking your self WHY? When you can spend the time and build understanding around these things you not only grow in yourself but in your capacity to understand others and grow in compassion in areas where perhaps you had no tolerance due to lack of knowledge. Use your technology to grow in self awareness and compassion, don't waste important time looking at other people living, seek answers to your questions, read things that uplift your spirit, don't engage in the judgement of others. No one is perfect and we all have the ability to do things we are not proud of, so none of us can judge another person's journey, even if they have done horrific things, try and imagine what horrible internal pain could have driven them to hurt other innocent human beings. Remember if you didn't understand what was driving you in your times of struggle then why would they? We have never been taught how to live merely expected to know how to exist.

# SELF ESTEEM

Rebuilding of self-esteem when somebody is struggling is vital because when you're only focusing on the things that you're not doing well, you completely rob yourself of all the things that you're actually doing right. Rebalancing the mental scales in somebody's head and helping them to realise the importance of who they truly are so they can step out of the shadow of what they are struggling with.

Keeping your self esteem in check is vital because when it is being impacted either positively through praise or negatively through judgement, we can quickly fall into the trap of a distorted self worth. Paying attention to how you speak to yourself is vitally important, because sometimes we can do incredible damage to ourselves through our own invisible self loathing. This is so dangerous because no one else can help because they can't see or hear it. Doing for others, volunteering etc. can be great to help you gain a more positive self esteem but make sure it is done in a sustainable way. Giving to others long term can only be done successfully if the care giver tends to their own needs first so their oxygen flow is strong.

These three elements are not being taught in the proper context at the moment. People don't realise that it is just the same as when the oxygen levels get too low on an aeroplane and a mask drops from the roof and that you must attach yours first before helping others. Just as is the case on the plane, It is vitally important to receive that oxygen because without it we die, but before that happens we slip unconscious and fall asleep.



# LEARNING HOW TO FORGIVE

Neuro science tells us that when we are in a heightened emotional state either extremely excited or saddened our intelligent part of our brain switches offline and our reactive childlike part of our brain takes over. We don't tend to then make good choices. Becoming self aware is the only antidote for this, the ability to create space between your emotions and your decisions and act intentionally rather than on autopilot. We are never going to be perfect and only ever make great decisions – WE ARE HUMAN – but right now we are blind to this knowledge and awareness so when things go pear shaped, there is a culture of blame and cover up rather than celebrate the learning and growth.

Think about who is disconnected in society - addicts, criminals and the homeless, how many of these have had a mismanaged and failed Awakening and been lost in the struggle? Their pain and disconnect from themselves and society, driven them to the conclusion of I don't know why this is happening? I must be the problem. Without answers we lose hope.



This vital self learning approach in how to stay AWAKE, there will be incredible shifts in society to come. Compassion and understanding of others even through storms or seasons of hardships, helps put in place your self boundaries, because we can never control how others treat us, we can only control how we respond. When we judge and cast shame on others it only escalates the situation, simply recognising the other person is not AWAKE and acting from an emotional place and reacting to something that may have nothing to do with you, is incredibly powerful and it then helps very clearly restore your power and security to stay in control of you.



## TO THRIVE

Connection to self and to our community is vital. When a person is comfortable within their skin and engaging with their unique gift or talent for the betterment of others, they experience inner peace and purpose. This is my definition and sadly the world has made it seem as though to thrive you must be earning millions. Thriving has everything to do with who you are as a person and how you relate to others than what do as a job or what you earn.

When we take the time to know who we are and what makes us tick, it changes everything. We can understand others so much better because we are not wasting unconscious energy trying to figure out ourselves.

When we feel we know who we are we engage in life more fully and treat one another better. If you are not being inspired where you are - Seek it. There is so much to be inspired by in our world today, don't be eroded into hopelessness. Learn about you.

## NORMALISE HUMANITY AGAIN

Stigma and judgement have overtaken our ability to feel comfortable with struggling or to even want to draw that conclusion mentally, to acknowledge that there might be something there that needs some attention. We are not educated to recognise the signs and not the ones right before crisis, but the very early ones. The body prompts we have completely ignored. Like a child that has been conditioned to whinge to get what it wants, its whinging and whining getting louder as it gets more desperate for what it wants. So too in our bodies, when we ignore the warning signs of unsustainable environments of mental and physical environments, our body takes more and more action to try and wake us up and make shifts. Not understanding that this is happening, because we are so conditioned to blame, nothing shifts within us and the pain escalates and we become more reckless, violent, addicted etc Destructive behaviours take place in your bodies attempt to illicit an external help or shift because self correcting at this stage is nearly impossible, all of it happening, completely without our conscious awareness.



## BEING BUSY & OVERWHELMED

We can get so caught up on the treadmill of life and forget we are supposed to be walking a path not running fast in the same spot. Assess the things you do. Ask yourself is it adding to my life or taking away from it? Make intentional choices, about how you live each day, catch yourself when you feel swept up in the current of the fast pace of life and be conscious not to just react. Overwhelm is the thief of passion and purpose, it creates apathy and is the precursor of struggle, addiction and mental health impacts. It is actually a very clear indicator that you are in an unsustainable environment. That means that there is something impacting on your wellbeing in a negative way that your body wants you to address, either people, places or mood. Making the intentional decision in that moment to shift your thinking and focus on a truth, this helps you to return to what is important and not get lost in the moment and sink into further despair.

Discard the clutter (toxic friends or environments and free up space for what could be, change is always available to us, it is just that we are too asleep to notice. Try not to plan your busy life into dullness, numb to the good that can be found in all circumstances. Introduce quiet into your life, even if it is just in tiny amounts at first, you will still notice the positive impact it has on your ability to realise how important it is to show up for yourself. No one will show up and do this for you and if you are waiting for a break in life's chaos or for it to quieten down first, DON'T, that won't happen. Show up for you EVERYDAY.



# NOTES

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# BE PROMPTED BY THE PAIN, DO NOT DULL IT

We, as a busy human race, have gotten so good at ignoring our body prompts, we have created many ways of dealing with human pain that we don't even stop to ask ourselves, why am I doing this? Even if we do, we draw a blank. How many times do we push ourselves to the limits of hunger, thirst and exhaustion before we finally respond.

There are so many more ways our body tries to communicate with us about our needs and we don't pay any attention. Instead we have normalised poor coping strategies and appalling behaviours instead of recognising what is actually going on.

When a person has a physical reaction to something someone says or does, it is their body prompting them to learn something about themselves or another human being. Being reflective each day of moments of struggle and quite quickly a shift in self awareness grows. The key is to use the pain prompt to give yourself time to understand why your body wanted you to pay attention. To understand what is impacting on the person both internally and externally that needs shifting.

When an environment becomes toxic our body tries to tell us, but we haven't been taught to notice, instead modelled all kinds of ways of coping, rather than dealing with situations in the moment and learning from them. This fact alone is heartbreaking and destructive, but coupled with the breakdown of community life, families and cultures, the devastating social costs are way too high and far too many people are feeling broken and alone. instead of normal humans who are not designed for the to pollution to our body, mind and spirit.



# BAND AIDS CAN'T FIX FRACTURES

The pathetic awareness campaigns put out by government and different agencies highlight issues we are all aware of and add to further stigmatise people and separate them as being different, they are often delivered with fear and judgement and only alienate people to feel less human and completely inhibit help seeking. This escalates problems when people feel misunderstood. Labels and diagnoses also act as terrible crutches of wallowing in self pity or justification of behaviours rather than it prompting a person to recognise and address issues. We are all human and therefore fallible so why be shocked or highlight human torment or misery in a way that separates instead of embracing peoples pain and promote compassion. We can do so much better as a society. We can help the vulnerable and create a culture of inclusiveness. The fractures are so evident in our culture both locally and internationally. Creating a more authentic culture of truth and vulnerability will foster healing not create more fractures. While we pretend that only some people struggle, we are setting people up to fail, because we have created no where for people to go in pain or give them the necessary skills to recognise early signs. When there is no safe passage for pain to be heard or dealt with or understood, the pain escalates and the person acts more desperately to be noticed to be helped and if a person is in power the lengths to keep things hidden get very destructive as the person feels there is no other alternative because how harshly we judge in our current world.

No one destroys their life on purpose. No one is immune to struggle, even people who 'have it all' still battle being human, if they are in unsustainable environments and have lost connection with themselves and others. Fighting against our own humanity is such a wasted battle. If we were able to embrace our humanness and collectively learn through open genuine communication we could heal and learn and support one another as it crosses all backgrounds, culture, faiths and ages.

# EVERYDAY IS NEW

Nothing is a foregone conclusion or set in stone and there are no fairytales either, life has seasons like the weather and just like the preparation we take to go out in heat or cold, we need to be aware of the environments we are living in and prepare for them.

Eg If you are having friendship issues remember what the truth is about you, act with kindness and compassion and the rest is their stuff. It helps to be taking that time each day for just you to help yourself to stay AWAKE, aware and unemotionally reactive. It doesn't mean that people will never do or say hurtful things but it helps you be able to try and come at the issue from another angle and instead of seeing the bad behaviour they are exhibiting try and see the hurt in that person that is driving the behaviour and it immediately helps take the sting out of the situation and fosters an environment of growth, compassion, healing and resolutions.

# WHERE TO FROM HERE?

A honed focus leads to amazing outcomes, start small  
and your path of purpose will become clear.

Remember to listen to your body prompts.

Stay **AWAKE** and in control of your body and mind and  
watch your life flourish!









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