

# Awakening Awareness Worksheet

Remember to pause the video when prompted.

Take the time to do the work and answer the questions authentically.

1. Define in your own words - victim.

2. Define using the dictionary - victim.

3. Do you authentically associate with the dictionary's definition?

4. Do we need numbers for what are other circumstances and situations for the word victim?

5. Define in your own words - survivor.

6. Define using the dictionary - survivor.

7. What are some situations or circumstances that one would be considered a survivor?

8. Define in your own words - Thriver.

(Thrivers is not a word, however, it does work for what we are creating)

9. Define using a dictionary - thrive.

10. Do you see yourself as someone who is thriving in life?

11. Define in your own words - mastery.

12. Define using the dictionary - mastery.

13. What would it look like to have mastery in your life?

14. Are there any areas of your life where you are or have mastered a task or a mindset?

Victim, Survivor, Thriver, and Master may or may not be in your view at all times. We all go through phases and shifts throughout our lives. Now that we have a clear definition of each word and know how our bodies react to the words, we have the opportunity to have power in these areas. We are now aware!

**Warning:** Now that you are in the practice of awareness, you will see where you are being: Victim, Survivor, Thriver, and Master. Do not hide in blame, shame, guilt, or pride. These beliefs are not useful. Instead, say something like this to yourself: “Huh, so that is what it’s like to be me.” OR “This is what it is like to be human.”

Comment in the group, Journal, and ponder with a friend.

**Empowerment Program Participants Group:**

<https://www.facebook.com/groups/329320037979757/>



