



Growth Starts with Understanding Your Behaviour

A white line-art icon of a lit lightbulb with several short lines radiating from the top, representing light or an idea.

Understand your behaviours to grow, and protect what's
matters to you





Why Behaviour Awareness Matters

Your behaviour is the story you're telling without words. Your behavior shows



- How you react under pressure
- How you protect yourself when you feel unsure
- How you connect with others or keep a distance
- How your priorities aren't the ones you talk about, but the ones you live

Understanding your behaviour gives you:

- Self-trust: "I understand where my reactions come from"
- Better relationships: "I'm aware of how I behave with others"
- Emotional safety: "I don't judge myself, I get curious"
- Growth: "I can progress, one step at a time"





The Way I Move Through My Day



GOAL: Notice patterns you live by without thinking

Fill in the blanks. Be honest and gentle with yourself.

I usually begin my day by

When I feel low or upset, I tend to

One small thing I do often, without even noticing, is

I usually feel most in control when

I feel most disconnected with myself when



Pause & think:

Which of these behaviours do I want to understand better?
Which ones keep me steady?





My Behaviour Mirror

GOAL: Understand how you behave when you experience strong emotions



Think about real moments in the past 1–2 weeks. Fill in what happened, how you reacted, and what you truly needed at the time.

Emotion	What Started It	How I Reacted	What I Needed
Happy			
Appreciated			
Lonely			
Anxious			

Fill the columns:

Example:

What Started It: Friend ignored my message.

Reaction: I ghosted everyone else, too.

Need: I wanted to feel like I mattered





Doodle Your Way

Objective: Express emotions through art.

Steps:

- Give each emotion a shape or doodle (e.g. anxiety = tangled lines, anger = sharp zigzags).
- Create a timeline of your week using only doodles and colours.
- **Understand:** What was going on behind those reactions?



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