



LESSON WORKBOOK

THE 7 LEVELS OF AWARENESS



QUICK OVERVIEW:

Learn to make decisions using all four intelligences - Spiritual, Intellectual, Emotional, and Physical - to create practical results and meaningful transformation in your life.

KEY IDEA:

Each intelligence offers unique wisdom for decision-making, with spiritual intelligence leading the process.

Reflection Questions:

1. Which intelligence do you typically rely on first?
2. Where have purely logical decisions fallen short?
3. How often do you consider all four perspectives?

Exercise: Intelligence Mapping

1. Create your Decision Intelligence Profile:

- Spiritual (Vision & Values)
- Intellectual (Knowledge & Logic)
- Emotional (Feelings & Relationships)
- Physical (Body Wisdom & Energy)

2. Rate your current usage of each

3. Identify your default starting point

NOTES:

SECTION 2

STARTING WITH SPIRITUAL INTELLIGENCE

KEY IDEA:

Beginning with your highest awareness creates better decisions than starting with limitations.

Reflection Questions:

1. What would your spiritual self say about your current challenges?
2. How does seeing yourself as fully resourced change your choices?
3. Where are you making decisions from limitation rather than possibility?

NOTES:

Exercise: Higher Perspective Practice

1. Choose a current decision

2. Ask yourself:
 - Who am I at my highest level?
 - What really matters here?
 - What would my wisest self do?

3. Journal insights before considering practicalities

NOTES:

SECTION 3

THE GOOD - BETTER - BEST APPROACH

KEY IDEA:

Build momentum through progressive improvements rather than demanding immediate perfection.

Reflection Questions:

1. Where are you demanding perfection immediately?
2. What small, good step could you take now?
3. How could you build momentum gradually?

NOTES:

SECTION 4

INTEGRATING ALL INTELLIGENCES

KEY IDEA:

Each intelligence contributes unique wisdom to your decisions.

Reflection Questions:

1. How does your body respond to different options?
2. What does your heart say about this choice?
3. How does your mind analyze the situation?
4. What does your spirit sense is right?

NOTES:

Exercise: Four-Point Decision Making

1. For your current decision, document:

Spiritual Check:

- Alignment with values
- Bigger picture perspective
- Inner wisdom guidance

Intellectual Check:

- Logical analysis
- Available information
- Past experience

Emotional Check:

- Gut feelings
- Impact on relationships
- Emotional consequences

Physical Check:

- Body signals
- Energy levels
- Physical implications

2. Create integrated action plan

SECTION 5

FROM 'HAVING TO' TO 'WANTING TO'

KEY IDEA:

True commitment comes from alignment, not force.

Reflection Questions:

1. Where are you pushing instead of flowing?
2. What would make this decision feel natural?
3. How could this become something you want to do?

NOTES:

Daily Implementation Practices:

Daily Practice:

1. Morning Intelligence Check-in

- Spiritual connection
- Mental clarity
- Emotional state
- Physical energy

2. Decision Journal:

- Record decisions
- Note which intelligences you used
- Track results and insights

3. Progressive Implementation:

- Start with "good enough"
- Celebrate small wins
- Build natural momentum

Success Markers:

- Easier decision making
- More sustained follow-through
- Natural motivation
- Integrated wisdom
- Progressive improvements

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