

BENEFITS

- > Higher emotional intelligence
- > Higher personal standards
- > Self-knowledge equals greater purpose
- > Accurate self-awareness = less mistakes, better ability to deal with problems
- > Increased self-confidence to navigate through life better
- > Living your life more authentically
- > Thinking and behaving more positively
- > Being more open to new information, experiences, and change.
- > Choosing positive friends and significant others.
- > Being a better leader at work
- > Feeling more balanced and together.
- > A sense of deeper understanding of yourself and your path in life.

True Awareness helps us to:

- > Improve
- > Grow
- > Become better - not perfect.
- > Heal from mistakes

“ **Life** is guided by a series of instruments.
Awareness is the skill to read a compass.”

The Twelve Pillars of Usher Group consist of 12 intentions, spread out over a period of 12 months.

JANUARY	Gratitude and Reflection Reflect on the year past and express gratitude and reflection for the future year ahead.
FEBRUARY	Love Valentine's Day 14th February
MARCH	Happiness International Day of Happiness 20th March International Womens Day 8th March
APRIL	Truth International Day for the Right to the Truth 24th March
MAY	Creativity World Creativity and Innovation Day 21st April Mother Day 2nd Sunday of May
JUNE	Awareness World Environment Day 5th June World Ocean Day 8th June Global Day of Parents 1st June International Children's Day 1st June
JULY	Forgiveness National Day of Forgiveness 7th July
AUGUST	Accountability International Day of Worlds Indigenous People 9th August World Humanitarian Day 19th August
SEPTEMBER	Generosity International Day of Charity 5th September
OCTOBER	Kindness World Kindness Day 13th November
NOVEMBER	Compassion World Compassion Day 28th November
DECEMBER	Family Holiday Season is a time of Family

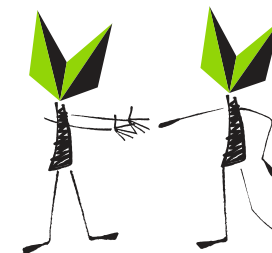


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PILLARS



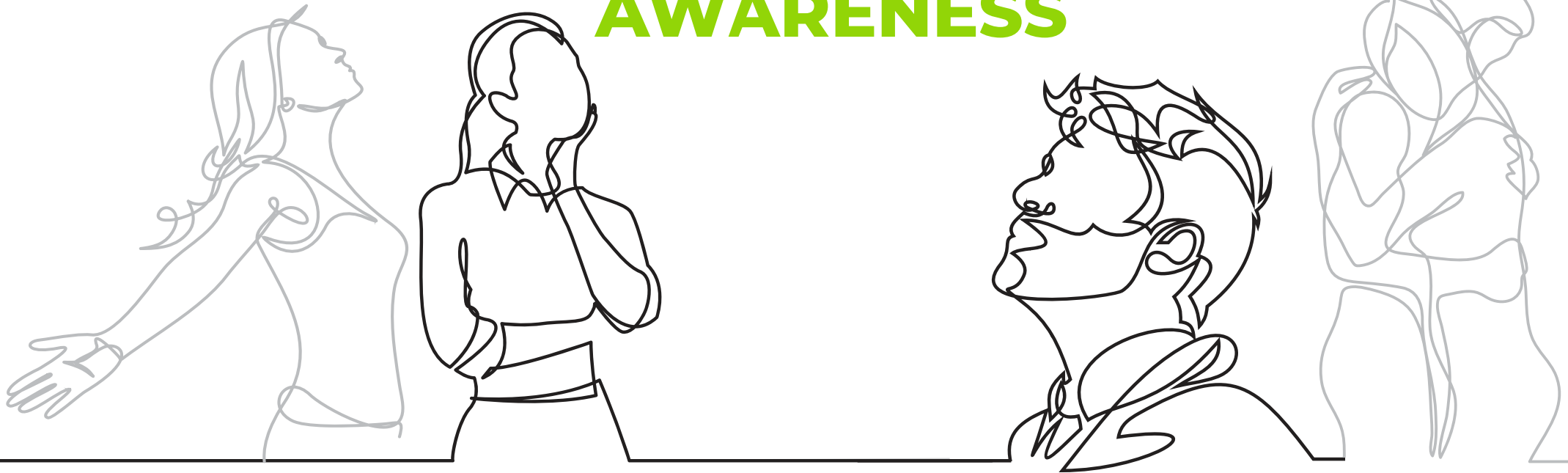
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AWARENESS



WHAT IS AWARENESS?

- > Correct understanding and management of thoughts, feelings and actions of self and others
- > Empathising and showing compassion towards others
- > The ability to improve after reflecting
- > A tool to make you happier and more effective

MISCONCEPTIONS:

- > We can know everything about awareness
- > Reflection alone is not awareness
- > Self-absorption is not awareness.
- > Self-love does not enhance awareness, it diminishes it

HOW DO WE PRACTISE AWARENESS?

- > Tune in to the right information
- > Set time aside to practice it
- > Ask deep questions by paying attention to your inner drive
- > Be mindful; be present to have insight
- > Become a master of your emotions
- > Get different perspectives of yourself from others
- > By Introspection:
 - Accept weaknesses and change
 - Use strength with humility

“Awareness is the greatest agent for change.”

