

Conscious Moments

A practice of mindful awareness
and self-compassion



Most of us move through life on autopilot

Our subconscious mind is shaped by past experiences, and often guides our decisions without us even realising it. This default mode can keep us looping in old patterns that no longer serve us.

But when we bring conscious awareness to the present moment, we open space to choose differently. Gently aligning with what feels true for us now.

Awakening the conscious mind

The conscious mind is like a muscle. The more you nurture it, the stronger and more present it becomes.

Start simply by focusing on your breath for two minutes each day, and follow these three foundational steps:

1. Separate from your thoughts
2. Become the observer
3. Direct your attention



Awakening the Conscious Mind

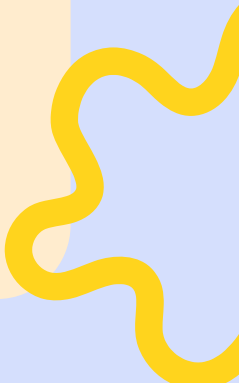


1. Separate From Your Thoughts



We often believe we are our thoughts, but science reminds us that thoughts are simply repetitive brain activity.

Instead of reacting, become curious.

- What story is your mind repeating?
 - Is this thought serving you in this moment?
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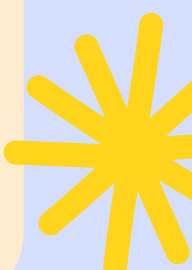


2. Become the Observer

Practice noticing your thoughts with a kind and neutral perspective. Try saying to yourself:

“I’m having the thought that...”

There’s no need to label thoughts as good or bad, they’re just experiences moving through your awareness. Your thoughts do not define who you are.



3. Direct Your Attention

Your power lies in where you place your attention. Most of us spend up to 95% of our time driven by subconscious patterns. You can reclaim this space.

Each time you gently bring your attention back to the present moment, you are choosing growth, clarity, and connection.



The Practice

Find a quiet, comfortable space where you can sit with minimal distractions. Bring your attention to your breath. Inhale slowly. Exhale gently. As thoughts arise (and they will), softly note to yourself:

“I am thinking.”

Then, gently return your focus to the breath. Observe your thoughts without judgment. You might find it helpful to label them gently:

“There’s my to-do list.”

“There’s my inner critic.”

This simple practice of naming can support you in releasing self-judgment and meeting your inner experience with compassion.

Getting Started

Begin with just one or two minutes a day. Starting small is perfectly okay. Have patience with yourself. Mindfulness is a skill, one that deepens over time with gentle, consistent effort.

Notice when your mind starts to judge or doubt. That’s a natural part of the process. What matters most is that you return to the practice with kindness.

Try breathing in for a count of four... and out for a count of four.

30 Day Challenge

Make a daily promise to practice for just two mindful minutes.

Commit to 30 days of showing up for yourself with presence, curiosity, and compassion.

Thought Log

A helpful way to bring awareness to your patterns

This is not about perfection—it's about presence.

Every time you pause, breathe, and return to the moment, you are choosing to live with more clarity, intention, and heart.

Event	Thought	Behaviour	Rational Counterstatement
My friend hasn't replied to me.	I must have said something to upset them.	Feeling upset and ruminating on what I said	We have an open relationship and if I would have upset her, she would have told me. She is most likely busy.