

Awareness-Agency Worksheet

	Self-Awareness		Existential Awareness	Subtle Awareness	Unitive Awareness	Unmanifested Awareness	Non-Dual Awareness
	ordinary		integral	psychic	unity	formless	form-formless
	Individual Physical Health	Individual Psychological Wellbeing	Meaning	Psychic Phenomena	Oneness	No-Mind	Being
Diet							
Exercise							
Alternative Medicine							
Journaling							
Mindfulness							
Communication Skills							
Dreams							
Shadow Work							
Personal Mythology							
Agency Name							
Wisdom Teachings							
Meditation/ Prayer							
Contemplation							
Daily Spiritual Actions							
Energy Work							
Supernatural Experience							
Ritual							
Nature							
Service							
Spiritual Community							
Personal Space							
	Human Mind			Human Spirit	Deity	Source	Spirit

