

# THE MEANING-ACTION TRIANGLE:

*Becoming Existentially Aware*

**(1.)  
NOTICE  
-CONSCIOUS-**

**(2.)  
RESPONSIBILITY  
-TO SELF-**

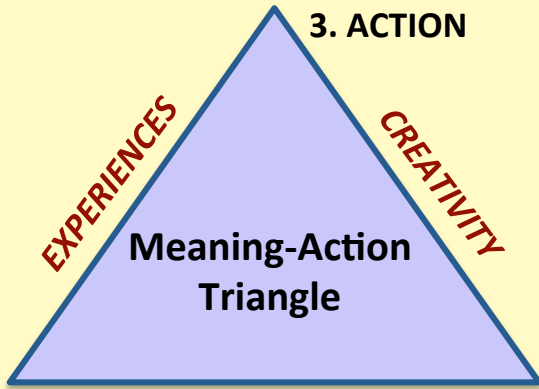
**(3.)  
TAKE ACTION  
-CHOICE-**

- ◆ Awareness
- ◆ Notice without judgment
- ◆ Recognize old patterns
- ◆ Become conscious to self-defeating behaviors
- ◆ Acknowledge victim role stance
- ◆ Recognize unhealthy relationship interactions
- ◆ Be fully present and conscious to self
- ◆ Acknowledging one's own existence

- ◆ Awareness
- ◆ Responsibility to oneself for actions
- ◆ Own one's feelings and behaviors
- ◆ Acknowledge wanting to choose to change past self-limiting patterns
- ◆ Recognize one's healthy core/ Spiritual Dimension

- ◆ Awareness
- ◆ Freedom to act
- ◆ Choose to be conscious to self-improving behaviors
- ◆ Choose not to be a victim
- ◆ Decision to have healthy relationship interactions
- ◆ Be fully present and conscious to one's actions
- ◆ Acknowledge one's own existence in the present
- ◆ Meaning in the moment
- ◆ Ultimate meaning

*Taking Flight  
from your PAST,  
While Being Pulled  
to your FUTURE*



1. NOTICE                      ATTITUDE                      2. RESPONSIBLE

