**Sentence Completion Exercise** (Branden, 1997)

Instructions:

* Complete relevant group of sentences stems every day
* Complete each sentence stem such that it is grammatically correct.
* Complete a minimum of 6 sentences (preferably 10) for each sentence stem.
* Don’t repeat the same ending twice on the same day (when doing this exercise for several days straight it is inevitable that duplicates will occur).
* Work as quickly as possible avoid thinking, qualifying, rationalizing, analysing or in any way judging the responses. Simply allow the sentences to arise in consciousness long enough to write them down.
* If you feel a mental block, simply make something up and keep going. If you go for quantity you will find quality among the responses.

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| **Week 2** |
| If I bring five per cent more awareness to my activities today… |
| If I bring five per cent more awareness to my communications today… |

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| If I bring five per cent more awareness to my important relationships today… |
| If I bring five per cent more awareness to the feeling other people evoke in me… |
| I am becoming aware that… |