

# THE REGENERATIVE BUSINESS DEVELOPMENT COMMUNITY

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## Consciousness through Reflection

### Self-Observing

A process of observing the degree to which I, as an individual, **can match my behavior and performance to my aspirations in the context of what I think is right.** I seek to manage myself at a point in time, in terms of what I put into the world—given the values I hold.

### Self-Remembering

A process by which the mind can **sustain a desired focus on a subject or a chosen personal self- directing aim,** and at the same time engage in activities requiring the aim to be at work in our thinking and behavior. E.g. Be present or Talk Less. The mind is therefore operating at a level of conscious energy or as a two selves. The watcher and the doer!

Self-remembering requires the determination of the self to remind oneself of an aim, in real time. Therefore, one chooses a personal aim of ‘how we want to be’ in the next moment or through time. There can be both a functional and/or a being aspect of the self to be determined. Will is the managing aspect of self-remembering. We can improve this practice by reflecting after events and determine what was helpful in engaging with and demonstrating the aim in real time, plus developing better ways to remind one’s self of the aim in real time.

**Reflection after an event on** improves the ability to do so during events.

The processes hold true for groups and organizations and can be significantly improved, over time, but regular recurring reflection on our behavior and thinking relative to a framework. E.g. levels of energy, modes of behavior. Moving such practices organization wide and making a part of all events, can speed up and deepen this process.