



Syllabus

SPD-110 Self-Awareness

Course Overview

Dates/Time:

June 28 – July 1, 2026
6:30- 9:00 PM

Course Facilitator:

Juanita Johnson, LUT CMI FDRP

Place:

Via Zoom - Juanita Johnson will send link

Sponsored by:

Unity of Gaithersburg
Gaithersburg, MD

Course Description

Self-awareness is necessary for optimal balance and functioning in life. To be self-aware is to realize the dimensions of self and the states of those dimensions. Human beings are more than physical body; they also have spiritual and soul (psyche) dimensions which are equally if not more important than the body. Students will explore the dimensions of self by studying various systems and techniques for self-awareness. They will become more conscious of their attitudes, beliefs, and ways of being; symptoms of stress and imbalance; healthy responses to stress and imbalance; and how to integrate spiritual principles to maintain balance and honor all facets of their being. Students taking this course for UWSI credit should contact UWSI to confirm that this course meets the equivalency requirement for *Core Course (CC 130) Being: A Beginning Exploration of Self-Discovery*.

Facilitator

Juanita Johnson is a Licensed Unity Teacher (LUT) in Washington, DC. She has been a LUT since 2022 and a member of Unity of Washington, D.C. since 1999, where she serves as an adult education and meditation facilitator and as a communications and operations specialist. She also brings more than 40 years of experience in finance, policy, project management, and workshop facilitation for national and international financial organizations and the federal government. Through Johnson Scott, LLC, she offers strategic planning services for organizations and holistic Health & Wholeness Coaching for individuals. Juanita is also a Certified Meditation Instructor, Reiki Practitioner, and practitioner of Transcendental Meditation®, Mindfulness Meditation, Yoga, Tai Chi, and Qi.

Course Learning Objectives

Upon completion of this course, learners will be able to:

- Identify and articulate current belief systems regarding key areas of life such as but not limited to health, finances, and relationships.
- Express personal values and integrity.
- Articulate and engage in areas of emotional literacy
- Increase effective communication skills to enhance relationships.
- Evaluate and personal stressors and formulate mediation strategies.
- Recognize obstacles to self-esteem and self-love and develop strategies for increasing consciousness in these areas.
- Develop awareness of cultural background and conditioning and how it impacts our worldview.

Required Text/Readings

- Butterworth, Eric. 1982. *In the Flow of Life*. Unity Village Publisher, Unity Books.
- Hendricks, Gay. 2000. *Conscious Living: Finding Joy in the Real World*. San Francisco: Harper San Francisco.
- Journal to record reflections

Recommended Text/Readings

- Hay, Louise 1984. *You Can Heal Your Life*. Santa Monica: Hay House.

Course Requirements and Assignments

Students will be expected to:

- Participate actively in each class activity
- Complete reading and video assignments
- Participate in Self-Care Exercises breakout room discussions
- Complete Self-Care Journey and Final Assignment

Throughout the course you will maintain (on your own) a daily Self-Awareness Journal. This journal includes daily entries that document self-awareness practices and recognitions of gratitude. For learners seeking S.E.E. credit, submit a **Daily Journal Assignment**, consisting of three to five paragraphs (a paragraph contains at least three sentences). See *Daily Journal Assignment Handout* and the Modules Outline for **Daily Journal Assignments** and due dates.

Final Assignment: Your Final Assignment is to submit a 700-to-1,000-word reflection paper, after the completion of the course. – This is a reflection paper, which means self-reflection. Reflect on your feelings about the content of the class, and any new awareness you have. You are invited to weave the following ideas into your paper:

- **Spiritual Realization:** What is the starting point for spiritual realization? What is your definition of God? What does the statement by Eric Butterworth “life is lived from within – out” mean to you? What is Truth?
- **Giving and Receiving:** Discuss your inner-centered giving and your outer-centered giving this week. Remember that giving is a broad category that goes far beyond money. Are you giving from a place of wholeness with yourself or from a feeling of lack? Why or why not?
- **Identify areas of your life that assist you in feeling vibrant and alive. What inspires you to get up in**

the morning and create the most vibrant life possible? If you recognize that you do not have activities that motivate you, make a list of things you wish to do in life...a bucket list of sorts. Write on what stops you from “Living Full Out” and what action steps are you willing to make in order to live vibrantly beginning today.

- **New Awareness:** What are some concepts from this course that caught your attention? How might you apply these concepts as you move forward in your life? And how are you expressing more of your Divine identity now than you were a week ago?

The due date for the Final Assignment is July 15, 2026.

Submitting Graded Assignments

Daily Journal Assignments and Final Assignment are submitted via email to Juanita Johnson, at johnsonscottllc@comcast.net, according to the due dates in the modules. **All assignments are due by 11:59 p.m. Eastern Time (ET) on the Due Dates.** The email date will reflect Eastern Time (ET), regardless of your time zone.

Academic Performance: Progress Evaluation

- **S: Satisfactory** = 75 - 100%
- **NC: No Credit** = 0 - 74%

Other possibilities:

- **AU: Audit** – student is not seeking credentialing (no assignments required).
- **I: Incomplete** – waiting for completion of one or more assignments. Given by approval of the Instructor due to urgent and unusual circumstance in the life of the participant

Graded Assignments

It is important to complete your assignments on or before the due dates.

NOTE: If you experience an emergency and are unable to complete your assignments on time, Contact your instructor.

Assignments:	Possible Points
Journals (3 @ 5 pts)	15
Collaborate Sessions (4 @ 12 pts)	50
Final Assignment	35
Total Points	100

Modules Outline

Session I, Module 1: “Setting the Context”

“It is the Lord God within us that we are to be devoted to – to love, unify ourselves with, be obedient to. Our own spiritual self must have our attention and love and care and consideration. If we are neglecting our own spiritual development, our own health, we are not keeping this first and greatest commandment.” – Myrtle Fillmore

Module Learning Objectives

By the end of this module learners will be able to:

- Articulate a personal definition of self-awareness
- Recognize 3 areas of self-appreciation
- Identify three unique spiritual gifts

Module 1: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Preface, introduction and Chapter 1, Living Life From Within-Out, pp. 1 – 27 <i>In the Flow of Life</i> (Eric Butterworth) • Introduction and Chapter 1, pp. 1 – 45 <i>Conscious Living: Finding Joy in the World</i> (Gay Hendricks) 	Sunday, June 28, 2026
Handout(s) <ul style="list-style-type: none"> • Handout 1: Self-Awareness Scale - Complete • Handout 2: Self-Awareness Scale Reflection Questions – Answer questions • Be prepared to discuss during the Class Session 	June 28, 2026
Module 1: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none"> • Attend and participate 	June 28, 2026

Session I, Module 2: “Self-Discovery”

“It is your mission to express all that you can imagine God to be. Let this be your standard of achievement; never lower it, nor allow yourself to be belittled by the cry of sacrilege. You can _____attain everything you can imagine. If you can imagine that it is possible to God, it is also possible to you.”

– Charles Fillmore (“Talks on Truth”)

Module Learning Objectives

By the end of this module learners will be able to:

- Articulate three areas of appreciation for yourself
- Reflect upon your openness to discovery
- Discern some of your beliefs about specific areas of your life

Module 2: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Chapter 2, The Healing Stream, pp.29 – 46 <i>In the Flow of Life</i> (Eric Butterworth) • Chapter 2, A Reliable Path, pp.46 – 55 <i>Conscious Living: Finding Joy in the Real World</i> (Gay Hendricks) 	June 28, 2026
Handout(s) <ul style="list-style-type: none"> • Handout 3: “The Openness-to-Discovery Scale”- Review and <ul style="list-style-type: none"> • Choose your three favorites from below the line; • Choose your three favorites from above the line; and • Be prepared to discuss your choices in the Class session • Handout 4: “Getting to Know Me”- <ul style="list-style-type: none"> • Take some time to reflect on your belief systems. • Notice if they have changed over time. • Answer the prompts. 	June 28, 2026
Class Session <ul style="list-style-type: none"> • Attend and participate in class session 	June 28, 2026
Self-Awareness Breakout Discussion #1: Exercise (Beliefs, Wholeness and Faith)	June 28, 2026
Daily Journal Assignment #1 - See <i>Daily Journal Assignments Handout</i>.	June 28, 2026

Session II, Module 3: “Embracing Our Truth?”

“When we use the word Truth, we mean that which is true of God, and true of God’s children. This spiritual Truth is that you are God’s own beloved child and that God is ever giving you His own wisdom, love, power, life, and substance.”
– Myrtle Fillmore (“How to Let God Help You”)

Module Learning Objectives

By the end of this module learners will be able to:

- Identify factors that lead to conscious living
- Reflect on releasing shame and guilt
- Embrace our deservability and wholeness in life

Module 3: Learning Assignments	Due Dates
<p>Reading(s)</p> <ul style="list-style-type: none"> • Chapter 4, The Reality of Affluence, pp. 47 – 62 <i>In the Flow of Life</i> (Eric Butterworth) • Chapter 5, Five Required Lessons of the Journey, pp. 56 - 85 <i>Conscious Living: Finding Joy in the Real World</i> (Gay Hendricks) 	June 29, 2026
Module 3: Learning Assignments	Due Dates
<p>Video(s)</p> <ul style="list-style-type: none"> • Watch the following YouTube video at least one time during this class as a form of guided meditation: <ul style="list-style-type: none"> ○ 30-Minute Healing Toxic Shame Meditation: Healing the Mind of the Wounded Adult Child – Lisa Romano: ○ https://www.youtube.com/watch?v=WGZEGXm4D5E ○ Notice what came up for you during the meditation. Reflect on it in your journal or with a trusted friend. 	June 29, 2026
<p>Handout(s)</p> <ul style="list-style-type: none"> • Handout 5: Deservability Treatment- Complete and utilize daily • Handout 6: Befriending your Feelings- Complete and be prepared to discuss. • Handout 7: 5 Required Lessons of Conscious Living – Complete and be prepared to discuss. 	June 29, 2026
<p>Class Session</p> <ul style="list-style-type: none"> • Attend and participate in discussion of assignments 	June 29, 2026

Session II, Module 4: “Lighting Our Path from Within”

“The mind of the spirit will guide you in perfect ways, even in the minute detail of your life, if you will let it do so.” – Charles Fillmore (Prosperity)

Module Learning Objectives

By the end of this module learners will be able to:

- Identify where we place our attention.
- Recognize our choice to live in the present moment.
- Discovering our essence and learning how to shift.

Module 4: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Chapter 4, The Effusion of Light, Pages 63 – 80 <i>In the Flow of Life</i> (Eric Butterworth) • Part 1. Finding Joy: Infinite Journey of the Questing Spirit, Chapter 4, The Inner Shifts and Outer Moves, Pages 86 - 118 <i>Conscious Living: Finding Joy in the Real World</i> (Gay Hendricks) 	June 29, 2026
Handout(s) <ul style="list-style-type: none"> • Handout 8: The Essential Interview <ul style="list-style-type: none"> ○ Using the questions, find a friend you trust and ask him/her to interview your Essence ○ Be prepared to discuss during class session 	June 29, 2026
Class Session <ul style="list-style-type: none"> • Attend and participate 	June 29, 2026
Self-Awareness Breakout Discussion #2: Exercise (Inner Shifts and Outer Moves – F*A*C*T)	June 29, 2026
Daily Journal Assignment #2 - See Daily Journal Assignments Handout.	June 29, 2026

Session III, Module 5: “Oneness in Divine Love”

“Remember this: whatever you have done, whatever you contemplate, you are learning lessons, growing, and going forward to a day of light, joy, and freedom. The solution of your every problem lies with you and the Father ... the Mind of God, active in your consciousness, is your present help.”

– Myrtle Fillmore

Module Learning Objectives

By the end of this module learners will be able to:

- Identify when you are in or out of the flow of life.
- Notice when you are moving into blame or criticism of yourself or others.
- Explore factors in self-esteem.

Module 5: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Chapter 5, The Art of Getting Along, pp.81 – 98, <i>In the Flow of Life</i> (Eric Butterworth) • Part 2. The Real World: Conscious Solutions to Timeless Problems of Living and Chapter 5, pp. 119 – 145, <i>Conscious Living: Finding Joy in the Real World</i> (Gay Hendricks) 	Tuesday, June 30, 2026
Handout(s) <ul style="list-style-type: none"> • Handout 9: Inner Well Scale- Complete and be prepared to discuss 	June 30, 2026
Module 5: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none"> • Attend and participate 	June 30, 2026
Module 5: Graded Assignments	Due Dates
Daily Journal Assignment #3 - See Daily Journal Assignments Handout.	June 30, 2026

Session III, Module 6: “Giving & Receiving”

“Give in love – give when you cannot see any possibility of return. Give your real substance, the substance of the heart, with every possible token, whether it be money or what not. That is, through the power of your Word bless and spiritually multiply everything that you give.”
 – Charles Fillmore in Giving and Receiving (Unity Tract)

Module Learning Objectives

By the end of this module learners will be able to:

- Identify our patterns of giving and receiving.
- Recognizing our motivations for giving.
- Discovering the limiting fears that impact self-esteem.

Module 6: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Chapter 6, Pages 99 – 115 <i>In the Flow of Life</i> (Eric Butterworth) • Part 2. Chapter 6, pp.146 - 175 <i>Conscious Living: Finding Joy in the Real World</i> (Gay Hendricks) 	June 30, 2026
Handout(s) <ul style="list-style-type: none"> • Handout 10: Befriending Fear - Complete and be prepared to discuss • Handout 11: Reflection Prompts Exercise – Complete and be prepared to discuss 	June 30, 2026
Module 6: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none"> • Attend and participate 	June 30, 2026
Self-Awareness Breakout Discussion #3: Inner Shifts and Outer Moves – F*A*C*T	June 30, 2026

Session IV, Module 7: “Living Love”

“Love is a divine attribute; it is an idea in the one Mind. God is love and love is God, or a quality

in Being. The difference between divine love and human love is that divine love is broad and unlimited, a universal and harmonizing power.”

- Charles Fillmore in Metaphysical Bible Dictionary.

Module Learning Objectives

By the end of this module learners will be able to:

- Identifying our commitments to Love.
- Recognize we get what we are committed to and identify what we genuinely want in our lives.
- Articulating our absolute yes and no qualities in relationship.

Module 7: Learning Assignments	Due Dates
Reading(s) <ul style="list-style-type: none"> • Chapter 7, pp.117 – 133 <i>In the Flow of Life</i> (Eric Butterworth) • Part 2, Chapter 7, pp. 176 - 207 <i>Conscious Living: Finding Joy in the Real World</i> (Gay Hendricks) 	Wednesday, July 1, 2026
Handout(s) Handout 13: Exploring Living Love – Complete and be prepared to discuss	July 1, 2026
Module 7: Graded Assignments	Due Dates
Collaborate Session <ul style="list-style-type: none"> • Attend and participate 	July 1, 2026

Session IV, Module 8: “Thriving in Life”

“Let no one think that he/she can retire from living. Do not shirk the responsibilities of life. You have made them and you can unmake them. A way of escape has been provided for every one of us. That way is to overcome mistakes by incorporating into mind and heart the attributes of the Christ Mind.”

- Charles Fillmore

Module Learning Objectives

By the end of this module learners will be able to:

- Identify our belief about aging.
- Engage in practices that reduce stress.
- Discover how the body produces stress.

Module 8: Learning Assignments	Due Dates
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Reading(s) <ul style="list-style-type: none"> • Chapter 8, pp. 135 - 152 <i>In the Flow of Life</i> (Eric Butterworth) 	July 1, 2026
Handout <ul style="list-style-type: none"> ○ Handout 14: Thriving in Life Activities – Complete and be prepared to discuss 	July 1, 2026
Video(s) <ul style="list-style-type: none"> • Watch the following videos: <ul style="list-style-type: none"> ○ Bruce Lipton: Explains the Influence of Stress on the Body: https://youtu.be/RBvIPxZmW_s • Watch the following two videos and choose one to practice once per day in order to minimize stress in the body: <ul style="list-style-type: none"> ○ Dr. Gay Hendricks: The Yes Breath used for stress management: https://hendricks.com/resources/body-intelligence/the-yes-breath/ ○ Louise Hay’s Morning Meditation: https://youtu.be/4jNV1FV-_Os 	July 1, 2026
Module 8: Graded Assignments	Due Dates
Class Session <ul style="list-style-type: none"> • Attend and participate 	July 1, 2026
Self-Awareness Breakout Discussion #4: “Living Love”	July 1, 2026
Final Assignments for Learners Seeking S.E.E. Credit Review Course Requirements and Assignments and Submitting Graded Assignments sections above for details on completing and submitting the Self-Awareness Final Assignment.	July 15, 2026