

Being Your True Authentic Self

We have been doing a lot of work in identifying our true authentic selves. This week`s homework is going to be restating some of the techniques we have learned and ensuring we are still staying true to our values, goals and beliefs.

1.) Do you feel like you are on the right track to being your true authentic self? YES or NO

2.) If the answer is yes, what are you doing that is working you toward this. If the answer is no, what should you be doing to move you closer to your true authentic self.

3.) What does it mean to YOU, to be your true authentic self? What does it look like when you are living in this state?

"Life is too short to live by someone else`s standards, create your own!"

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4.) Revisit the list that you made about the things you love to do and want to implement in your life. List 5 of them that you are going to focus on over the next week or two.

5.) Come up with 10 words that resonate with you and make you feel good.

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| 1.) | 6.) |
| 2.) | 7.) |
| 3.) | 8.) |
| 4.) | 9.) |
| 5.) | 10.) |

6.) Make a personal development goal. Work into your schedule 15-20 minutes each day where you focus on personal development, growing, learning, etc. It can be reading, a youtube video, podcasts, whatever works best for your schedule. Tell me below what you are going to do each day to work on your personal development.

Monday: _____

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Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Remember, the key to being your true authentic self does not lie in the past. Being your true authentic self means to be true to yourself, your views, your moments, your beliefs and everything that makes up you. It means to continue to look critically and be willing to grow. Being your true authentic self is a journey and you owe it to yourself to work on you every day, to grow, to be a better version of yourself, to not judge your mistakes and shine as the beautiful person you are.

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