

Journaling Activity: Discovering Your Authentic Self

Use the following questions to explore and uncover your true self. Spend 10-15 minutes on each question, allowing yourself to write freely and honestly.

1. **What are my core values?**
(a person's principles or standards of behavior; one's judgment of what is important in life.)
2. **When do I feel most like myself?**
3. **Are there aspects of my life where I feel I'm pretending or putting on a mask?**
4. **What activities or tasks bring me genuine joy and satisfaction?**
5. **How do I feel about my current job or career path? Does it align with my passions and values?**
6. **Are there people in my life who truly know and accept me for who I am?**
7. **What fears hold me back from being my authentic self?**
8. **Have I ever compromised my values for the sake of fitting in or advancing? How did that make me feel?**
9. **What small steps can I take to be more authentic in my daily life?**
10. **How would my life change if I embraced my true self in every aspect?**

By taking the time to reflect and make conscious choices, we can peel away the masks and live more authentically. Embracing our true selves not only enhances our well-being but also inspires others to do the same, creating a more genuine and connected world.