**🌿 The Power of Authenticity 🌿**

A 10-Module Journey to Living as Your True Self

Course Worksheets & Journaling Prompts

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[Transform Your Life through Authentic Life Coaching](https://realauthenticself.com/)

 **🌿 Module 1🌿**

# Module 1: What Does It Mean to Be Authentic?

## Worksheet:

* - Write 3 words that come to mind when you hear 'authentic.'
* - List 2 myths you’ve believed about authenticity.
* - Reflection: When in my life did I feel most myself? Describe the moment.

## Journal Prompt:

Where in my life do I feel I’m hiding parts of myself? Why?

 **✨ Module 2 ✨**

# Module 2: Meeting Your True Self

## Worksheet:

* - Roles I play (e.g., parent, leader, friend): \_\_\_\_\_\_\_\_\_\_
* - Expectations I feel from others: \_\_\_\_\_\_\_\_\_\_
* - Which mask feels heaviest? \_\_\_\_\_\_\_\_\_\_

## Journal Prompt:

If no one judged me, how would I show up differently?

 **💡Module 3💡**

# Module 3: The Foundation of Self-Awareness

## Worksheet:

* - Circle your top 10 values from a list (e.g., honesty, freedom, love, growth).
* - Narrow it to your top 5 non-negotiables.
* - Reflection: How aligned is my daily life with these values? (scale 1–10)

## Journal Prompt:

When have I felt out of alignment, and what was the cost?

 **🌸Module 4 🌸**

# Module 4: Embracing Vulnerability

## Worksheet:

* - What am I most afraid of people knowing about me? \_\_\_\_\_\_\_\_\_\_
* - What’s one small truth I could safely share this week? \_\_\_\_\_\_\_\_\_\_

## Journal Prompt:

What happened when I last allowed myself to be vulnerable? How did it feel afterward?

 **🔥Module 5🔥**

# Module 5: Authentic Expression

## Worksheet:

* - When do I censor myself? \_\_\_\_\_\_\_\_\_\_
* - What do I wish I had the courage to say? \_\_\_\_\_\_\_\_\_\_
* - Practice: Write one 'I feel…' statement about something real.

## Journal Prompt:

How would my relationships change if I spoke more openly?

 **🌙 Module 6🌙**

# Module 6: Boundaries = Self-Respect

## Worksheet:

* - Where do I need clearer boundaries? (Work / Relationships / Time / Self-care)
* - Example scripts for saying no kindly:
 - 'I can’t commit to that right now.'
 - 'That doesn’t work for me, but thank you for asking.'

## Journal Prompt:

What boundary, if I set it today, would bring me the most relief?

 **❤️ Module 7 ❤️**

# Module 7: Authentic Relationships

## Worksheet:

* - Who sees the real me? (List names)
* - Who only sees a version of me? (List names)
* - What holds me back from being real with certain people?

## Journal Prompt:

Which relationship in my life would transform if I showed up more authentically?

**🌊 Module 8🌊**

# Module 8: Living Authentically in Daily Life

## Worksheet:

* - Morning ritual that aligns with me: \_\_\_\_\_\_\_\_\_\_
* - One habit I want to release: \_\_\_\_\_\_\_\_\_\_
* - One authentic habit I want to add: \_\_\_\_\_\_\_\_\_\_

## Journal Prompt:

What would my ideal authentic day look like from morning to night?

 **☀️Module 9 ☀️**

# Module 9: Breaking Free from Fear and Comparison

## Worksheet:

* - My biggest fear about being authentic: \_\_\_\_\_\_\_\_\_\_
* - If I lived without this fear, I would: \_\_\_\_\_\_\_\_\_\_
* - One step I can take to face this fear: \_\_\_\_\_\_\_\_\_\_

## Journal Prompt:

How has comparison or perfectionism held me back from living fully as myself?

 **🌟 Module 10 🌟**

# Module 10: Your Authentic Life Plan

## Worksheet:

* - My top 5 values: \_\_\_\_\_\_\_\_\_\_
* - My commitments to myself: \_\_\_\_\_\_\_\_\_\_
* - My vision for living authentically: \_\_\_\_\_\_\_\_\_\_

## Journal Prompt:

What promise do I want to make to my true self today?

 **🌟 Thank You for Joining This Journey 🌟**

Authenticity is not a destination, but a daily practice.

As you continue your journey, return to your values, your voice, and your truth.

This is your reminder: you are enough, just as you are. 🌿

**Final Reflection:**

What is one commitment I want to carry forward from this workbook?

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