

A soft-focus background featuring several purple flowers, possibly cornflowers, and a clear glass of water on a white surface. The scene is bathed in a gentle, ethereal light, creating a serene and contemplative atmosphere. The flowers are in various stages of bloom, with some petals falling onto the surface.

Journey to Authenticity 7-Day Workbook

Are You Living Your Life, *Authentically?*

Use these questions to see if you are living your life Authentically. There are no right or wrong answers.

Just go with your first gut reaction to each question.

1. Do you have feelings of being trapped?
2. Feelings of not being heard, unseen or unloved?
3. Do you put all your emotional needs in the hands of pleasing others at your emotional demise?
4. Do you find yourself putting on "fake personalities" just to be accepted by others?
5. Do you place your self-worth in the hands of others?
6. Are you living your life like it's on autopilot?
7. Do you have a feeling that your life is full of regrets?
8. Do you feel that you are not able to express your true self?
9. Do you no longer feel that you don't know who you are anymore?
10. Do you feel like all you do is give and never get in return?
11. Do you keep on self-sabotaging your happiness?
12. Are you surrounded by judgmental and un-supportive people?
13. Do you hide many secrets from others?
14. Is your mind is obsessed with the past?
15. Do you find yourself escaping reality through addictions?
16. Do you find yourself carrying a feeling of dread in the pit of your stomach?
17. Do you feel alone?
18. Have you tried to make your life "socially acceptable."?
19. When was the last time you felt joyful and fulfilled?
20. Do you find yourself struggling with self-loathing?

Stop and reflect on these signs. How many of them resonated with you?

The more you notice that you are saying more of an internal “yes” to, the more likely you are living an inauthentic life. It is time to be true to yourself!

The Journal Attached along with the Daily Authenticity Check List, you can use the Journal for the next 7 days.

The 7-day Challenge: For each day, ask yourself the questions from the daily authenticity checklist, and create to-do goals, challenges, and habits in the Journal. There are also additional pages to add in some thoughts. You should better understand where you stand if you are really living your life authentically.

The course is six modules and it is self paced. Are you ready to start living your life **YOUR WAY?**

Change starts with only one step:

<https://www.learndesk.us/class/6429712832266240/the-journey-to-authenticity>



The Daily Authenticity Checklist

Use these questions daily to ensure you are living an authentic life.

Think of them as diagnostic questions to ensure you are living authentically every single day.

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1. Did I do anything yesterday that was not authentic? If so, why?
2. What actions will I take today to show my authentic self?
3. What opportunities for authenticity will I encounter today?
4. What situations will I encounter that will tempt me to NOT be authentic? How will I handle those situations?
5. What are my passions? How will I follow those passions today?
6. What self-esteem-building actions will I take today?
7. How will I love myself today?
8. How will I avoid comparing myself to others today?
9. What do I need to affirm about myself today?
10. What good things will happen if I live authentically today?

Every morning, take 5-10 minutes to review and reflect upon these questions.

You can take a mental inventory or spend a few minutes journaling your answers. You will be amazed at the clarity it provides you and the beautiful authenticity it brings into your life.



7 DAY CHALLENGE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

NEXT STEPS

TIPS TO STAY MOTIVATED

7 DAY HABIT CHALLENGE

DAY 1

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

DAY 2

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

DAY 3

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

DAY 4

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

DAY 5

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

DAY 6

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

DAY 7

- ☐ Task/habit to do
- ☐ Task/habit to do
- ☐ Task/habit to do

NEXT STEPS: Next step to do



THE DAILY TO DO: GOALS

DATE: _____

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GOAL	HABIT	PROGRESS
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MORNING	AFTERNOON	EVENING	NOTES

PRIORITIES

TO-DO

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HOW DID IT GO TODAY?

WHAT DID YOU LEARN?

WHAT CAN YOU DO DIFFERENTLY TOMORROW?



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DATE: _____

M	T	W	T	F	S	S
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HOW DID IT GO TODAY?

WHAT DID YOU LEARN?

WHAT CAN YOU DO DIFFERENTLY TOMORROW?

7 DAY CHALLENGE

CHALLENGE

WHAT IS YOUR WHY?

HABITS TO BUILD

REWARD

1. _____
2. _____
3. _____
4. _____
5. _____

START DATE:

END DATE:



ACTION STEPS

WHAT DO I NEED

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

TRACKING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEXT STEPS

QUOTES

“People will do anything, no matter how absurd, in order to avoid facing their own souls. One does not become enlightened by imagining figures of light, but by making the darkness conscious.”

— Carl Jung, *Psychology and Alchemy*



“The moment you become aware of the ego in you, it is strictly speaking no longer the ego, but just an old, conditioned mind-pattern. Ego implies unawareness. Awareness and ego cannot coexist.”

— Eckhart Tolle

“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.”

— Anthon St. Maarten, *Divine Living: The Essential Guide To Your True Destiny*



“Inhale appreciation, exhale regret.
Inhale love, exhale fear.
Inhale light, exhale darkness.
Inhale, exhale and release.”

— Jodi Livon