



Authentically Me *Journal*

MADE BY *Our Warrior Spirit* LLC



What does authenticity mean to you, and how do you strive to be authentic in your life?



How has embracing authenticity impacted your relationships with others?



In what ways have you aligned your actions and choices with your core values?
What benefits have you noticed as a result?



Can you share a specific experience where being authentic brought about positive change or growth in your life?



How does living authentically contribute to your overall well-being and inner peace?



Have you ever faced challenges or resistance when trying to be your true self?
How did you overcome them?



How does authenticity contribute to your creativity and self-expression?



In what ways does authenticity enhance your self-confidence and personal growth?



How do you differentiate between being authentic and seeking external validation or approval?



What advice would you give to someone who is struggling to embrace their authentic self?

