

Authenticity Worksheet

It will benefit you to read the lecture and watch the video

1. Define the word 'authentic' in your own words and using the dictionary.
2. How long can you hold the silence?
3. What conversation or belief do you have that is in-authentic?
4. Do you need this way of being to protect you any longer?
5. Does it still work in your life?
6. Are you willing to transform this conversation or belief into something that does work in your life?
7. Are you willing to continue the 30-day Mind Cleanse challenge?

Looking Good

8. Where have you changed a story so it has you seem like a hero for a good or to gain a certain reaction?
9. Have you bought something that you don't like to appease another person?
10. Have you been in an agreement to please another but had no intention of following it through?
11. How do you want the world to see you?

Cleaning it Up

12. Who is the person you need to speak with?

13. What is something you admit about this person?

14. Who are they for you, what do they mean to you?

15. What did you say and what is the authentic truth?

16. When will you talk to them and clean this up?

17. I have let you to believe....

18. When this is how I see things or this is how I really feel about it.

19. Going further I will...

Take Action

• Comment in the group, Journal, and ponder with a friend.

• Empowerment Program Participants Group:

<https://www.facebook.com/groups/329320037979757/>