



## *I live as my authentic self.*

I listen to my heart. *I make choices that are in tune with my true values and beliefs.*

Connecting with my genuine self reduces my stress levels. My tensions dissolve. I enjoy all my activities more. I feel at ease everywhere I go.

Being true to myself makes my relationships more rewarding. I say what I feel and let others get to know me. I encourage them to seek the same freedom. We all benefit from greater understanding and intimacy.

Most of all, I rejoice in leading a more fulfilling life because *I know that I am honoring my wishes and dreams.*

I listen for my internal motivation rather than responding automatically to external expectations. I approach each task with great care and look for the meaning behind it. I see how my actions can serve others.

*I identify my strengths.* I refine my skills and use them to make the world a better place.

*I accept my vulnerabilities.* They are a part of my true self. When I make a mistake, I regard myself with compassion. I remind myself that vulnerability accompanies love and trust.



Everything is an opportunity to grow and learn. I discover new aspects of myself. I take risks that allow me to become more competent and resilient.

Today, I am determined to live up to my potential. I believe in myself. I love who I am and what I can become.

### **Self-Reflection Questions:**

1. How does listening to my heart make my activities more meaningful?
2. How can I apply my strengths to my personal and professional life?
3. What does my image of my authentic self look like?