



The Daily *Authenticity* Checklist

Being authentic is having the ability to recognise yourself from an internal perspective; which means understanding your emotions, behaviours and patterns, then knowing yourself – your likes, dislikes and your passions – what you truly want in life.

Understanding yourself helps you to adjust your actions and behaviours so you can take control of your own life.

Taking control of your own life means that you are *simplifying* your choices and actions because you *know* who you are and what you want.

Use the following questions on a daily basis to ensure you are living an authentic life. Think of them as diagnostic questions to ensure you are living authentically every single day.

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 writing your answers.

You will be amazed at the clarity it provides you and the beautiful authenticity it brings into your life.

