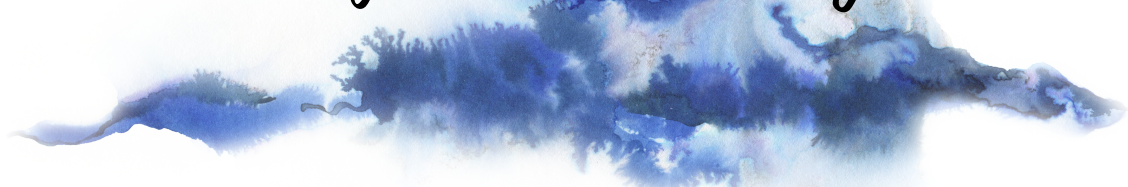


Daily Checklist for Living Authentically



EVERY MORNING, TAKE 5-10 MINUTES TO REVIEW AND REFLECT UPON THE QUESTIONS BELOW. 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.

- () DID I DO ANYTHING YESTERDAY THAT WAS NOT AUTHENTIC? IF SO, WHY?
- () WHAT ACTIONS WILL I TAKE TODAY TO SHOW MY AUTHENTIC SELF?
- () WHAT OPPORTUNITIES FOR AUTHENTICITY WILL I ENCOUNTER TODAY?
- () HOW WILL I HANDLE THINGS THAT TEMPT ME NOT TO BE AUTHENTIC?
- () WHAT ARE MY PASSIONS? HOW WILL I FOLLOW THOSE PASSIONS TODAY?
- () WHAT SELF-ESTEEM BUILDING ACTIONS WILL I TAKE TODAY?
- () HOW WILL I CARE FOR MYSELF TODAY?
- () HOW WILL I AVOID COMPARING MYSELF TO OTHERS TODAY?
- () WHAT DO I NEED TO AFFIRM ABOUT MYSELF TODAY?
- () WHAT GOOD THINGS WILL HAPPEN IF I LIVE AUTHENTICALLY TODAY?