

DAILY AUTHENTICITY CHECKLIST

Use these questions to ensure you're living an authentic life.

It might help if you try to think of them as diagnostic questions.

PROTIP

Give this list to someone else, and let them ask you the questions.

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

