

The Daily *Authenticity* Checklist



Your authentic self is who you truly are as a person, regardless of your occupation, regardless of the influence of others, it is an honest representation of you. To be authentic means not to be swayed from what you know to be true for you, from what creates a more expansive space for you, by what others think about you.

To be authentic is to be true to yourself through your thoughts, words and actions.

What makes an authentic person?

An authentic person is defined as someone who isn't afraid to be true to who they be, including their personality, values, and principles in life. They don't bother compromising the entirety of who they are just for the comfort of others.

Use these 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.

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 you and the beautiful authenticity it brings into your life.

The Daily *Authenticity* Checklist

In the AM

1. What do I need to commit to today?
 - 1a. If I broke my commitment yesterday, what needs to change to keep my commitment today?
2. What wins do I want to focus on to lift my confidence/self-esteem?
3. What potential negatives do I need to be aware of and not buy into?
4. What do I need to visualize today? (How will I love myself today?) (What good things will be created if I live authentically today?)
5. What new information do I need to seek out to learn today (or in the near future?)
6. After reviewing my tasks, how do I need to show up today?
7. What do I need to forgive from yesterday? Did I create with any energies that were not a contribution for me?

A message to you from your infinite self

Repeat this message 3 times:

**Today is a brand-new day with new discoveries to enjoy and create with. I am living creatively from my heart and thriving.
As it is from above, so it is from below.**

In the PM

1. Did I keep my commitments today? YES NO
2. If not, what was the excuse I bought into that caused me to stop?
3. What actions will I take tomorrow that will shift that?

**Before you go to sleep repeat to yourself and the universe:
Tomorrow I will know just what to do**