

freedom junkie®

Jedi Juice™

Authenticity

How to Live the No-B.S REAL You

Worksheet # 1

“Lowering the Waterline”



1. What's down below your waterline that you don't want to share with others or speak about out loud?
2. If you think about yourself more deeply, what positive traits can be found below your waterline?
3. What do you think keeps these positive qualities from being revealed or expressed?

Worksheet # 2

“Major influences that cause us to be inauthentic”

1 |

2 |

3 |

Notes:

Worksheet # 3 "You should..."

You should...

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-
-
-
-
-
-
-
-

1.How much time and energy do you spend thinking about what "*you should*" be saying or doing in your life instead of what you want to say and do?

2.How does 'you should...' cause us to be less authentic in our lives?

Worksheet # 4 "Persona vs. Character"



Character defined as...

Persona defined as...

Notes:

Worksheet # 5 “The Mask I Wear”



1. It's important that we identify our persona and see it for what it really is – a social mask. Take the next several minutes to think and write about your public persona. What 'mask' do you often wear in social settings?

- Note: To help in identifying this mask, think about what you say and do to get people to think positively of you.

My social mask:

2. Having identified your social mask – your public persona – now take a look behind it and identify *what it is hiding*.

- Note: Usually the thing we are hiding is something we feel is “bad” about ourselves, and therefore something we don't want others to know about.

What is your social mask hiding?

Worksheet # 6 "Becoming More Real"

Take a moment to answer the following:

1. I feel my most authentic when...

and I behave in the following ways:

-
-

2. I feel least authentic when...

and I react in the following ways:

-
-

3. I give away my own authenticity when...

and then I feel...

How can the above discoveries help you become more real?

Homework

“Shedding Light”



What specifically makes it challenging for you to be authentic in your life, your work, and your relationships? What might inspire you to become more of who you really are? You have to shed some light into the darkness in order to see where you're going and get beyond the obstacles that have you stuck. As you continue to explore your degree of authenticity, take time to ponder and answer the following questions:

1. What are the biggest obstacles that get in your way of you being you? (Such as your public persona, self-criticism, fear, etc.)
2. What are you most self-critical about and what impact does this have on your ability to be authentic? (Think about competencies, appearance, background, track record, education, status, etc.)
3. What are some of the biggest fears you have about what will happen if you fully be yourself, speak your truth and go after what you truly want in life?