



*Inspiring You to Live Your Authentic Life!*

# AUTHENTIC 31- WORKSHEETS

Authentic 31 Worksheets are a great tool to assist you in taking effective action to create the life you want and live your authentic life.

The exercise and activities mirrors the quotes, affirmations and questions within the Authentic Companion Pocket Book.

Affirmations, quotes and questions are great but have no effect without action. The purpose of Authentic 31 Vlogs and Worksheets are to assist you in taking action and can help you to discover, explore and reinforce your empowering beliefs.

The Worksheets can also be used to generate discussions within a group. It's also a great idea for the group to be accountable to one another when setting their goals and committing to taking action. This will encourage individuals even more to achieve their actions by the date they have recorded and it's always a great encouragement to have support around you when embarking on setting goals to improve your personal growth and when taking action to create the life you want. If you decide to use the worksheets within a group, all I ask is that you credit Andrea Graham – [authenticwoman.co.uk](http://authenticwoman.co.uk)

It would be great to get your feedback after you have used the worksheets.

Go ahead and continue to live your authentic life!

Enjoy.

*Andrea x*





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## AUTHENTIC 31- WORKSHEET (11)

### “Whatever I see I can be”

Set aside 5 – 10 minutes. Close your eyes, and concentrate on your breathing, in and out. Imagine yourself achieving your goals and dreams and what you want for your life. Be specific, allow yourself to see, smell, touch, hear and feel great.

Increase this exercise by 5 minutes each day until you are visualising for at least 20 minutes. See the picture becoming more clear and real each day.

When will you start practising this exercise?

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What time each day will you do this?

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