



*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 (4)

**“Careful with what comes out of your mouth. Defeat the enemy not yourself.”**

Do you say negative things to yourself sometimes which leaves you feeling disempowered?

List 3 disempowering statements you say to yourself:

1.

2.

3.

For each statement write down three reasons why these statements are not true

1.

2.

3.

Replace these 3 disempowering statements with three empowering statements.

1.

2.

3.

For each statement write down a reason why this is true.

1.

2.

3.

How will you reinforce the above statements, how will you increase your certainty about the above statements daily?

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What action will you take to reinforce your empowering beliefs?

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When will you start this action? Date Time

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When you choose to believe the truth about your life (the good plan) action is needed to reinforce the belief. When you change your action you can get a different result.

What results do you want to see?

