



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

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 (14)

“I am consciously aware of my empowering beliefs and I am using them to propel my actions”

What are your empowering beliefs? Write them down.

What action will these empowering beliefs cause you to take?

What tools will you use to remind yourself of your empowering beliefs?

Here are some examples of tools which may help you:-

Mobile Phone Reminder: place your empowering belief as a reminder and cause it to alert you throughout the day, each time it alerts you read it out.

Post It Note: write your empowering belief on a post it notes and stick them around your home and work area and other places you can think about.

Screen Saver: If you use a computer create a screen saver using your empowering belief.

Picture Frame: Put your written/typed beliefs within a picture frame and put it in a place so that it's the first thing you see when you wake up.

What other tools could you use to help reinforce your beliefs?

