



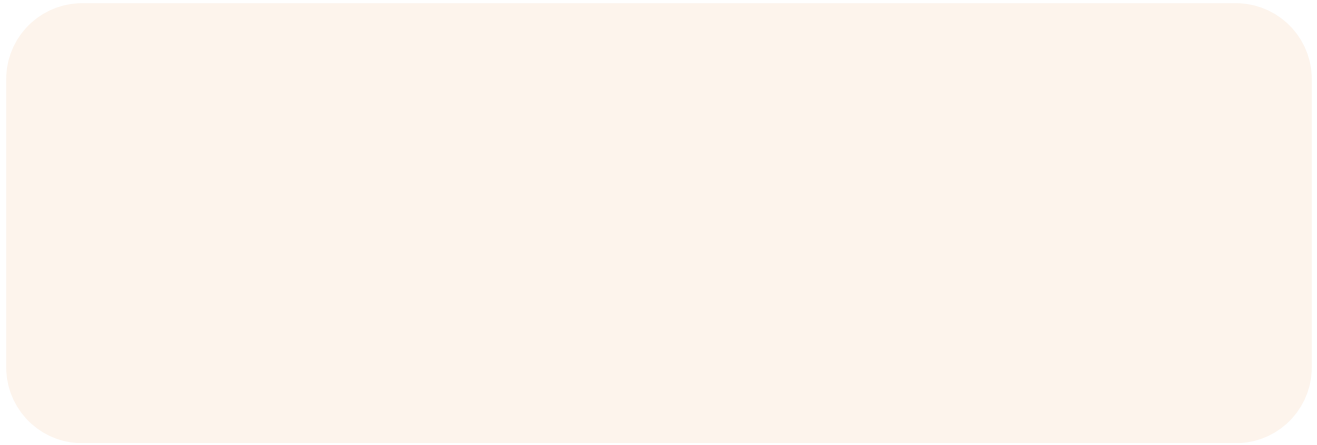
Session 4

This worksheet is designed to help you create an action plan for living more authentically. Fill in each section to guide your journey toward authenticity:

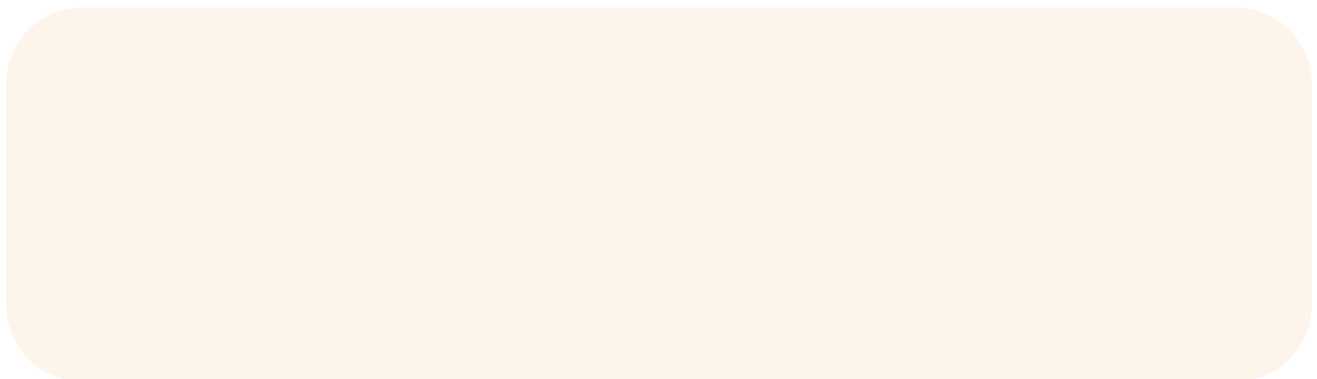
1. Values: List your top five values. These are the principles that guide your decisions and actions.

2. Passions: What are the activities, topics, or causes that you feel most passionate about?

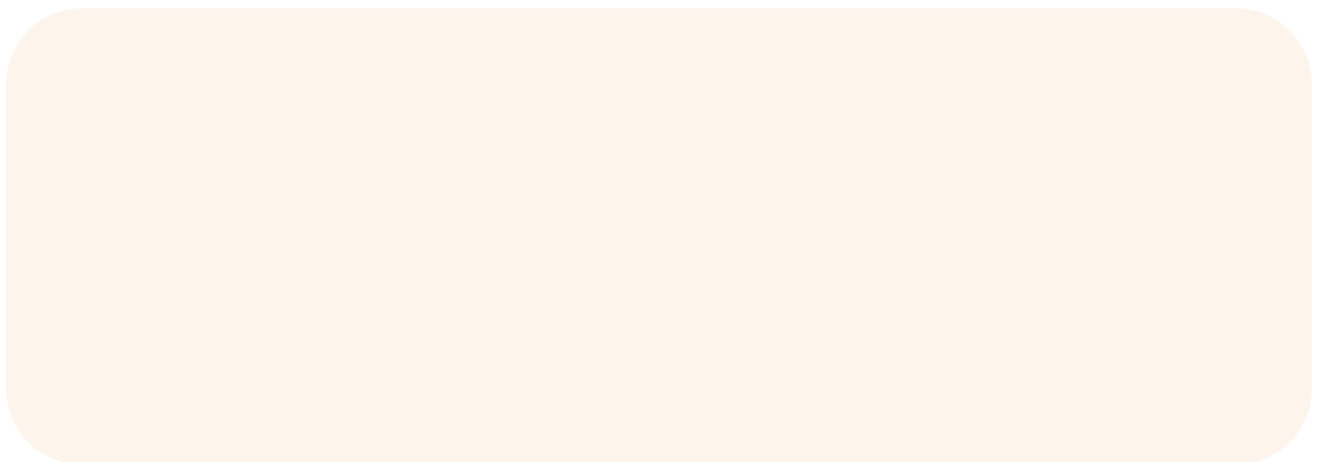
3. Goals: What are your personal and professional goals that align with your values and passions?



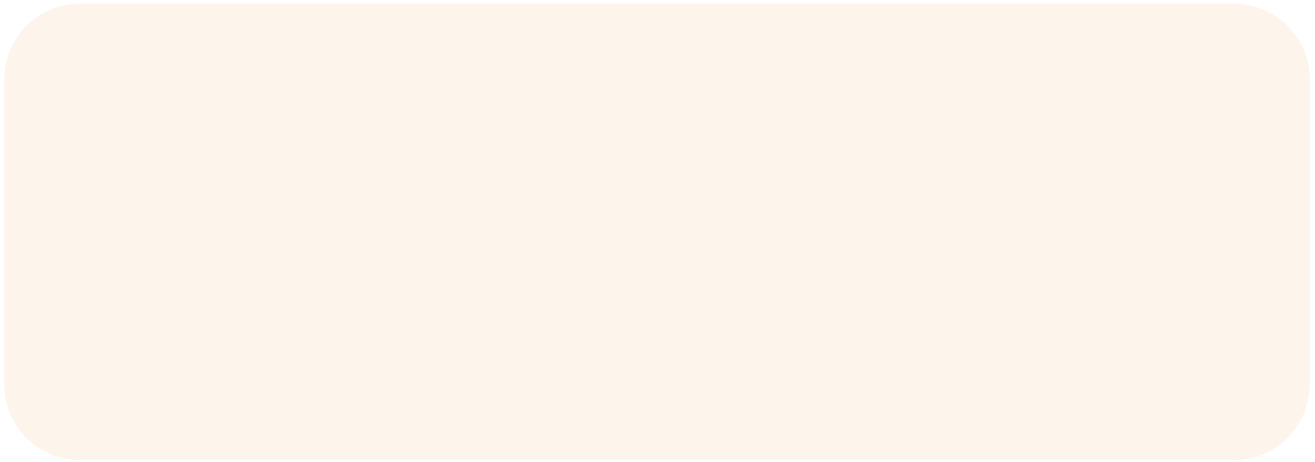
4. Barriers: What are the main barriers or challenges that prevent you from living authentically? How can you overcome these barriers?



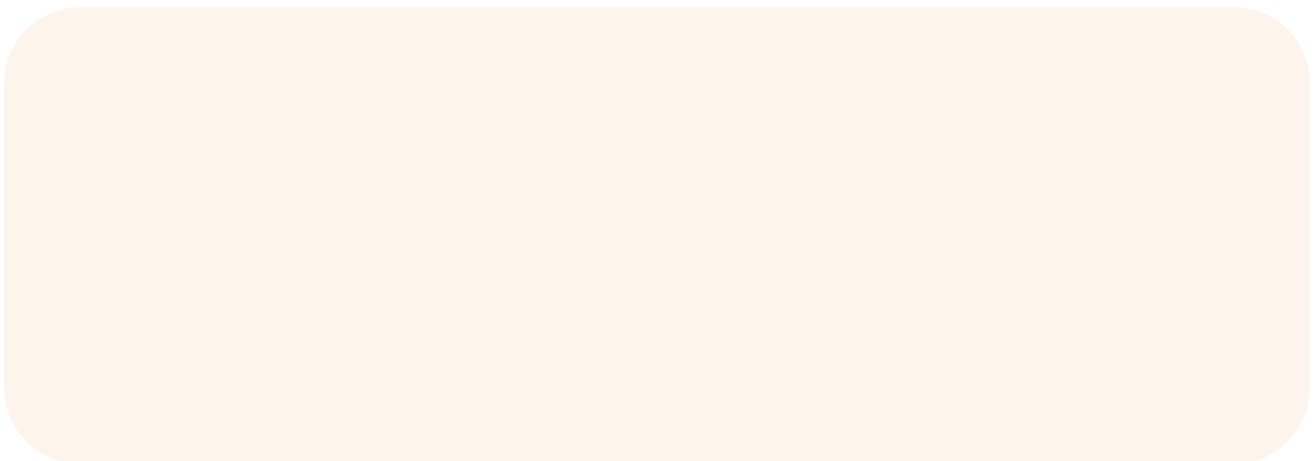
5. Boundaries: What boundaries do you need to set or enforce to honor your true self?



6. Self-Care Plan: What self-care activities can you commit to doing regularly?



7. Courage Actions: What steps can you take that require courage to align your life more closely with your authentic self?



8. Daily Affirmation: Write a daily affirmation that reinforces your commitment to live authentically.

