

The Daily *Authenticity* Checklist

Use these questions on a daily basis to ensure you are living an authentic life.

Think of them as diagnostic questions to ensure you are living authentically every single day.

1. Did I do anything yesterday that was not authentic? If so, why?
2. What actions will I take today to show my authentic self?
3. What opportunities for authenticity will I encounter today?
4. What situations will I encounter that will tempt me to NOT be authentic? How will I handle those situations?
5. What are my passions? How will I follow those passions today?
6. What self-esteem building actions will I take today?
7. How will I love myself today?
8. How will I avoid comparing myself to others today?
9. What do I need to affirm about myself today?
10. What good things will happen if I live authentically today?

Every morning, take 5-10 minutes to review and reflect upon these questions.

You can take a mental inventory, or spend a few minutes journaling your answers. You will be amazed at the clarity it provides you and the beautiful authenticity it brings into your life.