

Authenticity Reflection Sheet



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A guided journey back to yourself

Part 1 — Authenticity Check-In

1. When do I feel most like my true self?

(Where, with whom, doing what?)

2. When do I feel myself holding back or performing?

3. What emotions or physical signals tell me I'm out of alignment?

(Examples: tension, resentment, exhaustion, silence)

Part 2 — Boundary Awareness

4. Where in my life do I currently need stronger boundaries?

- ☐ Work / Business
- ☐ Family
- ☐ Friendships
- ☐ Romantic Relationship
- ☐ Time / Schedule
- ☐ Energy / Emotional Capacity
- ☐ Other: _____

5. What boundary have I been avoiding setting?

6. What fears come up when I think about setting this boundary?

Part 3 — Authenticity in Business / Career

7. Where do I feel most aligned in my work or business?

8. Where do I feel pressure to show up in a way that isn't fully me?

9. What would change if I showed up more authentically?

Part 4 — Relationships

10. In which relationships do I feel safe to be fully myself?

11. Are there relationships that feel draining or misaligned?

12. What boundary might improve one of my relationships?

Part 5 — Decision-Making & Confidence

13. Think of a recent decision — did I choose from truth or from fear?

14. How does being authentic impact my confidence?

15. Where do I need to trust myself more?

Part 6 — Growth & Expansion

16. What am I no longer willing to tolerate in this season of life?

17. Where do I feel called to grow right now?

18. What does my most authentic life look like?

Part 7 — Action & Integration

→ One boundary I will commit to setting:

→ One way I will show up more authentically this month:

→ One supportive step I will take this week:

Closing Reflection

Complete the sentence:

“Living authentically means...”

Let's Stay Connected

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