

Guided Journaling Activity: Remembering Who You Are

Do these activities immediately following the visualization.

Step 1.

Write what you remember from the guided visualization. Do not worry if you cannot remember all of the details or the sequence of actions. Write whatever comes into your mind. Pay special attention to what you were doing at the different ages during the visualization.

Questions to help you remember what you might have experienced:

What was the little girl doing, wearing, saying?

What was the teenager doing, wearing, saying?

What changed as you grew up?

What would you like to do now that you don't get to do or are afraid to do?

Step 2.

Name 2 or 3 people who represent authenticity to you. These can be friends, mentors or public figures. Pick one of these people and answer the following questions:

What is unique about the person?

What have you learned from this person?

What would you like to ask this person?

Step 3.

Name 2 or 3 people in your life who do not represent authenticity and answer the following questions about them.

What about them tells you they are being inauthentic?

What role does this person play in your life?

What would you like to say to this person?

Step 4.

Ask yourself the following questions and answer honestly, no one is reading this but you. If you cannot be honest with yourself, you cannot live an authentic life.

I am being authentic when I:

I am being inauthentic when I:

What I really want to do is:

Step 5.

Name at least 1 action that you can take in the next day, week or month to live a more authentic life.

Action:

Are you committed to doing this? If so, by when:

Make a list of other steps you want to take after this one and assign yourself due dates.

When you have completed this step, make sure to acknowledge your success. Put a big red heart, x,

flower or whatever in your journal beside the action. Change is hard, you took the first step, celebrate!

Step 6.

Find someone who you feel safe asking to hold you accountable. Tell them what the action step is, have them follow up with you to see if you have completed the task. Invite them to celebrate your success.

Do it your way!