



May 15 – June 14

## Authenticity

Authenticity is:

Authenticity starts with:

My life is an outward manifestation of \_\_\_\_\_.

Why is knowing my values important?

Many of us “go along to get along.” This means the value being expressed is \_\_\_\_\_  
\_\_\_\_\_.

Changing my life begins with an \_\_\_\_\_ of \_\_\_\_\_  
\_\_\_\_\_.

1. Figure out my \_\_\_\_\_.

2. Figure out \_\_\_\_\_.

3. Where am I \_\_\_\_\_?

4. Where am I \_\_\_\_\_?

To make \_\_\_\_\_, I must \_\_\_\_\_ my  
\_\_\_\_\_ to my \_\_\_\_\_.

When I don't live in accordance with my values, I experience \_\_\_\_\_  
caused by \_\_\_\_\_.

NOTES:

## Resources:

Values Assessment: [http://www.career-test.biz/values\\_assessment.htm](http://www.career-test.biz/values_assessment.htm)

Another Values Assessment: [http://www.mindtools.com/pages/article/newTED\\_85.htm](http://www.mindtools.com/pages/article/newTED_85.htm)

Daring Greatly by Brene Brown

<http://www.lainehmann.com/daring>

Brene Brown's "The Power of Vulnerability" TED talk:



<https://youtu.be/iCvmsMzIF7o>

Start with Why by Simon Sinek

<http://www.lainehmann.com/why>

Simon Sinek's "Start with Why" TED talk:



<https://youtu.be/sioZd3AxmnE>