



Claim Your Authenticity: A Journey to Self- Discovery

BY RENATA RUTJES

Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

01

Self-Reflection and Awareness

Self-Reflection Journal

Take some time to reflect on your values, beliefs, and aspirations using the prompts provided below. Grab a pen and a journal, find a quiet space, and allow yourself to delve deep into your inner thoughts and feelings. Remember, there are no right or wrong answers—this is about exploring your inner landscape and gaining insight into what truly matters to you.

1. Values Reflection:

- What are the core values that guide your life?
- Why are these values important to you?
- How do your values influence the decisions you make in your personal and professional life?
- Are there any values you would like to prioritize more in your life?

2. Beliefs Exploration:

- What beliefs do you hold about yourself, others, and the world around you?
- Where do these beliefs come from? Are they based on personal experiences, societal influences, or cultural norms?
- Are there any beliefs that you would like to challenge or reevaluate?
- How do your beliefs impact your thoughts, behaviours, and interactions with others?

3. Aspirations Assessment:

- What are your aspirations for the future—in your career, relationships, personal growth, and beyond?
- What steps are you currently taking to work towards these aspirations?
- Are there any barriers or challenges preventing you from pursuing your aspirations?
- How can you align your actions with your aspirations to create an authentic and fulfilling life?

4. Reflection and Integration:

- Take a moment to reflect on what you've discovered about yourself through this exercise.
- How do your values, beliefs, and aspirations align with your authentic self?
- What insights have you gained about who you are and what you want from life?
- How can you use this self-reflection to guide your decisions and actions moving forward?

Use this self-reflection journal as a tool for ongoing introspection and self-discovery. Return to it whenever you feel the need to reconnect with your innermost thoughts and feelings and remember that self-awareness is the first step towards living a more authentic and fulfilling life.

Self-Reflection Journal

Take some time to reflect on your values, beliefs, and aspirations using the prompts provided below. Grab a pen and a journal, find a quiet space, and allow yourself to delve deep into your inner thoughts and feelings. Remember, there are no right or wrong answers–this is about exploring your inner landscape and gaining insight into what truly matters to you.

Values Reflections

Beliefs Exploration

Aspirations Assessment

Reflection and Integration

Step Worksheets and Exercises for Each Chapter

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01

Self-Reflection and Awareness

Worksheet: Mindfulness Meditation

Take Mindfulness meditation is a powerful practice for cultivating self-awareness and presence. Follow the steps below to engage in a mindfulness meditation session:

- 1. Find a Comfortable Position:** Sit or lie down in a comfortable position. Close your eyes if it feels comfortable, or maintain a soft gaze on a spot before you.
- 2. Focus on Your Breath:** Begin by bringing your attention to your breath. Notice the sensation of the air entering and leaving your nostrils, the rise and fall of your chest or abdomen, or the feeling of your breath as it fills your lungs.
- 3. Observe Your Thoughts:** As you continue to breathe, thoughts may arise in your mind. Instead of getting caught up in these thoughts, observe them like clouds passing through the sky. Notice them without judgment, then gently bring your attention back to your breath.
- 4. Notice Sensations in Your Body:** Shift your attention to the sensations in your body. Notice any areas of tension or relaxation, warmth or coolness, tingling or numbness. Allow yourself to fully experience these sensations without trying to change them.
- 5. Return to Your Breath:** If your mind wanders, as it naturally will, gently guide your attention back to your breath. When you bring your attention back to your breath, you strengthen your ability to stay present and focused.
- 6. Practice Gratitude:** Take a moment to reflect on something you're grateful for. It could be a person, a place, a quality about yourself, or simply the opportunity to practice mindfulness. Allow yourself to savour this feeling of gratitude fully.
- 7. End with Intention:** When you feel ready, slowly bring your meditation to a close. Wiggle your fingers and toes, stretch your body gently, and open your eyes if they were closed. Take a moment to set an intention for the rest of your day or evening.

Reflection Questions:

- How did you feel before, during, and after the mindfulness meditation session?
- What thoughts, emotions, or sensations did you notice arising during the practice?
- How can you integrate mindfulness meditation into your daily life to cultivate greater self-awareness and presence?

Use Reflection Questions:

- How did you feel before, during, and after the mindfulness meditation session?
- What thoughts, emotions, or sensations did you notice arising during the practice?
- How can you integrate mindfulness meditation into your daily life to cultivate greater self-awareness and presence?



MINDFULNESS MEDITATION

✓ Sit or lie down comfortably
Close your eyes if it feels comfortable, or maintain a soft gaze on a spot before you.

✓ Focus on Your Breath
Begin by bringing your attention to your breath. Notice the sensation of the air entering and leaving your nostrils, the rise and fall of your chest or abdomen, or the feeling of your breath as it fills your lungs.

✓ Observe Your Thoughts
As you continue to breathe, thoughts may arise in your mind. Instead of getting caught up in these thoughts, observe them like clouds passing through the sky. Notice them without judgment, then gently bring your attention back to your breath.

✓ Notice Sensations in Your Body
Shift your attention to the sensations in your body. Notice any areas of tension or relaxation, warmth or coolness, tingling or numbness. Allow yourself to fully experience these sensations without trying to change them.

✓ Return to Your Breath
If your mind wanders, as it naturally will, gently guide your attention back to your breath. When you bring your attention back to your breath, you strengthen your ability to stay present and focused.



MINDFULNESS MEDITATION

✓ Practice Gratitude

Take a moment to reflect on something you're grateful for. It could be a person, a place, a quality about yourself, or simply the opportunity to practice mindfulness. Allow yourself to savour this feeling of gratitude fully.

✓ End with Intention

When you feel ready, slowly bring your meditation to a close. Wiggle your fingers and toes, stretch your body gently, and open your eyes if they were closed. Take a moment to set an intention for the rest of your day or evening.

Reflection Questions:

- How did you feel before, during, and after the mindfulness meditation session?
- What thoughts, emotions, or sensations did you notice arising during the practice?
- How can you integrate mindfulness meditation into your daily life to cultivate greater self-awareness and presence?

Take some time to reflect on your experience with mindfulness meditation and consider how you can incorporate this practice into your self-reflection and awareness journey. Remember, mindfulness is a skill that can be developed over time with regular training and patience.

Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

02

Uncovering Your True Self

Worksheet: Core Values Identification

Take Identifying your core values is essential in uncovering your true self and aligning your life with what matters most to you. Follow the steps below to identify and prioritize your core values:

1. Brainstorming:

- Take a moment to brainstorm a list of values that resonate with you. These can include qualities, principles, or ideals that you hold dear.
- Some examples of core values include honesty, integrity, compassion, resilience, creativity, freedom, family, friendship, and personal growth.

2. Reflection:

- Review your list of values and reflect on each one individually. Consider why each value is important to you and how it shows up.
- Ask yourself questions such as:
 - What does this value mean to me?
 - When have I felt most aligned with this value?
 - How does this value contribute to my sense of fulfilment and well-being?

3. Prioritization:

- Once you have a list of values, prioritize them according to their importance. You may find it helpful to rank them on a scale from 1 to 10, with 10 being the most important.
- Consider which values you couldn't imagine living without and which are less central to your identity and happiness.

4. Reflection and Integration:

- Take a moment to reflect on your prioritized list of core values. Notice any patterns or themes that emerge.
- Consider how your core values align with your goals, aspirations, and relationships. Are there areas of your life where your values are not fully reflected?
- Think about how you can live more aligned with your core values moving forward. What changes can you make to honour your values and live more authentically?

Step Worksheets and Exercises for Each Chapter

Example: Here is an example of how you might fill out your core values worksheet:

1. Honesty: 9
2. Compassion: 10
3. Personal Growth: 8
4. Integrity: 9
5. Family: 10
6. Creativity: 7
7. Resilience: 8
8. Freedom: 6
9. Friendship: 9
10. Health: 7

Remember, your core values are unique to you, and there are no right or wrong answers. Trust yourself to identify the values that resonate most deeply with who you are and what you stand for.

My Core Values

Identifying your core values is essential in uncovering your true self and aligning your life with what matters most to you. Follow the steps below to identify and prioritize your core values:

Love	Courage	Humility
Kindness	Beauty	Expression
Fun	Simplicity	Persistence
Playfulness	Achievement	Generosity
Integrity	Learning	Lightness
Purpose	Discipline	Honesty
Ambition	Vision	Compassion
Individuality	Respectfulness	Service
Enjoyment	Flexibility	Creativity
Community	Equality	Optimism
Integrity	Freedom	Friendship
Resilience	Family	Personal growth
		Independence

ONE

BRAINSTORMING

- Take a moment to brainstorm a list of values that resonate with you. These can include qualities, principles, or ideals that you hold dear.
- Some examples of core values include honesty, integrity, compassion, resilience, creativity, freedom, family, friendship, and personal growth.

TWO

REFLECTION

- Review your list of values and reflect on each one individually. Consider why each value is important to you and how it shows up.
- Ask yourself questions such as:
 - What does this value mean to me?
 - When have I felt most aligned with this value?
 - How does this value contribute to my sense of fulfilment and well-being?

THREE

PRIORITIZATION

- Once you have a list of values, prioritize them according to their importance. You may find it helpful to rank them on a scale from 1 to 10, with 10 being the most important.
- Consider which values you couldn't imagine living without and which are less central to your identity and happiness.

FOUR

REFLECTION AND INTEGRATION

- Take a moment to reflect on your prioritized list of core values. Notice any patterns or themes that emerge.
- Consider how your core values align with your goals, aspirations, and relationships. Are there areas of your life where your values are not fully reflected?
- Think about how you can live more aligned with your core values moving forward. What changes can you make to honour your values and live more authentically?

Step Worksheets and Exercises for Each Chapter

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02

Uncovering Your True Self

Worksheet: Passion Mapping Exercise

Mapping out your passions and interests is a creative way to clarify what truly lights you up and brings you joy. Follow the steps below to create your passion map using a mind map or visual collage:

1. Brainstorming:

- Take a blank piece of paper or open a digital canvas, and in the centre, write down the word "Passions."
- Begin brainstorming all the activities, hobbies, interests, and topics you feel passionate about. Let your imagination flow freely, and don't censor yourself.

2. Mind Mapping:

- Start connecting your passions by drawing lines or branches from the centre of your page to each passion you've listed.
- Group related passions together and add subcategories if necessary. For example, you might branch out to different cuisines or cooking techniques if you're passionate about cooking.

3. Visual Collage:

- If you prefer a more visual approach, gather magazines, images, and other materials that resonate with your passions.
- Cut out pictures, words, and phrases representing your passions and arrange them in a collage format on your canvas.
- Get creative with colours, textures, and layouts to make your passion collage genuinely unique to you.

4. Reflection:

- Take a step back and look at your passion map or collage. Notice any themes or patterns that emerge.
- Reflect on how each passion makes you feel and why it's important. Consider each passion's impact on your overall sense of fulfilment and well-being.

5. Integration:

- Use your passion map or collage to remind you what lights you up and brings you joy.
- Consider how you can incorporate your passions into your daily life through hobbies, creative projects, or career pursuits.

Explore ways to prioritize your passions and make time for them amidst your other commitments and responsibilities

Step Worksheets and Exercises for Each Chapter

Example: Here is an example of how your passion map might look:

- Passions:
 - Cooking
 - Italian Cuisine
 - Baking
 - Photography
 - Nature Photography
 - Portraits
 - Travel
 - Europe
 - Asia
 - Yoga
 - Vinyasa Flow
 - Meditation

Remember, your passion map reflects who you are and what brings you joy. Let it inspire you to live a life filled with purpose and authenticity.



Just living
my best
life



MY DREAMS



TRAVEL



2024 VISION BOARD



Inspiration

Stop
dreaming
and start
doing

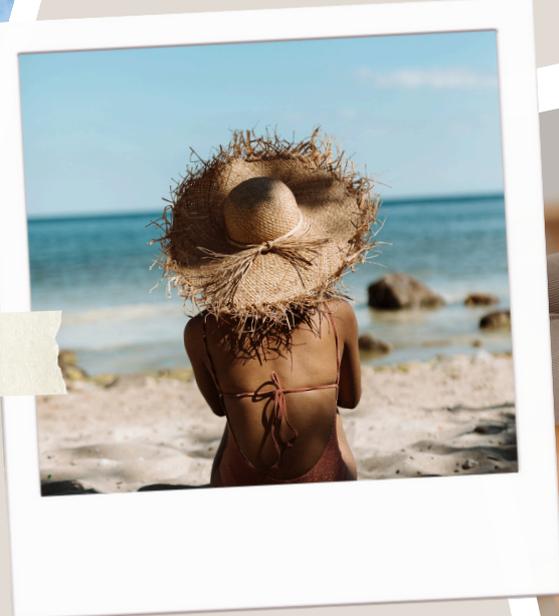


Happiness





TRAVEL



GUITAR



VISION BOARD

My Goals



FAMILY



LAPTOP



MINDFULNESS

Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

03

Embracing Change and Setting Goals

Worksheet: Goal Setting

Setting SMART goals aligned with your authentic self is crucial in creating a fulfilling and meaningful life. Follow the steps below to set SMART goals that resonate with who you are and what you want to achieve:

1. Specific:

- Define your goal with clarity. What exactly do you want to accomplish?
- Example: Instead of saying, "I want to improve my fitness," a specific goal could be "I want to run a 5K race in under 30 minutes."

2. Measurable:

- Determine how you will measure your progress and know when you've achieved your goal.
- Example: For the goal of running a 5K race, you could measure progress by tracking your running distance and speed each week.

3. Achievable:

- Given your current circumstances, ensure that your goal is realistic and within your reach.
- Example: If you've never run before, setting a goal to run a marathon next month might not be achievable. Start with smaller milestones, such as running for 20 minutes without stopping.

4. Relevant:

- Ensure your goal aligns with your values, interests, and long-term aspirations.
- Example: If improving your fitness aligns with your desire for a healthier lifestyle and tremendous energy, it is relevant to your overall well-being.

5. Time-bound:

- Set a deadline for achieving your goal to create a sense of urgency and motivation.
- Example: Decide when you want to accomplish your goal. For instance, "I will run the 5K race in six months."

Step Worksheets and Exercises for Each Chapter

Reflection:

- Take some time to reflect on each element of your SMART goal.
- Ask yourself:
 - Why is this goal important to me?
 - How does it align with my values and aspirations?
 - What steps do I need to take to achieve this goal?
 - What potential obstacles might I encounter, and how can I overcome them?

Action Plan:

- Break down your SMART goal into smaller, actionable steps.
- Create a timeline or schedule for completing each step.
- Consider enlisting support from friends, family, or a coach to help keep you accountable and motivated..

Setting SMART goals is a powerful way to turn your aspirations into reality. By aligning your goals with your authentic self, you can create a life that reflects your values and brings you closer to your true potential.

Smart Goal Setting



**Make it
Specific**

Define your goal. What exactly do you want to accomplish?



**Make it
Measurable**

Determine how you will measure your progress and know when you've achieved your goal.



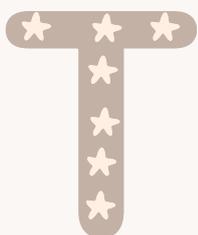
**Make it
Attainable**

Given your current circumstances, ensure that your goal is realistic and within your reach.



**Make it
Relevant**

Ensure your goal aligns with your values, interests, and long-term aspirations.

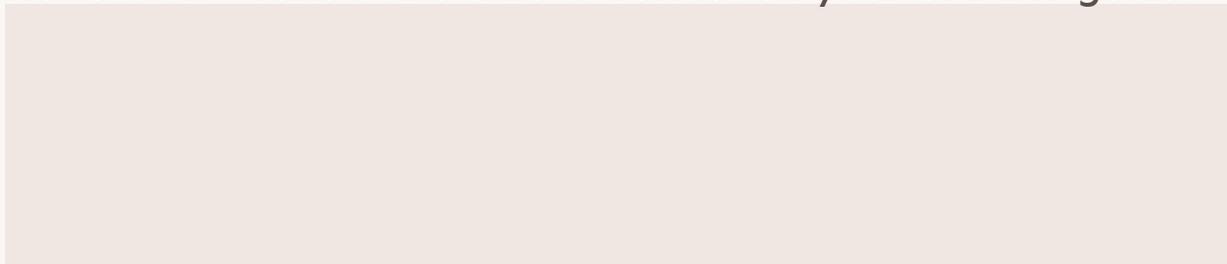


**Make it
Timely**

Set a deadline for achieving your goal to create a sense of urgency and motivation.

Smart Goal Setting

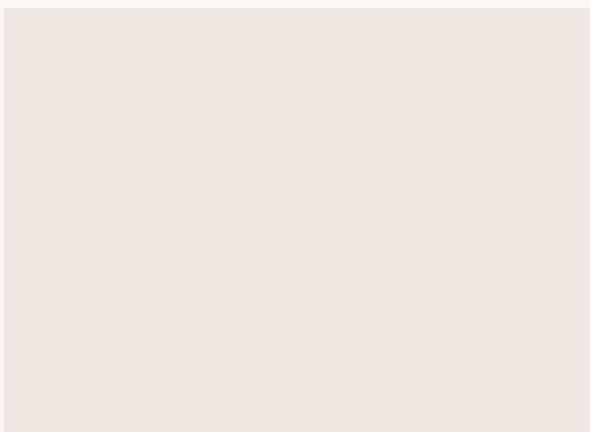
Reflection - Take some time to reflect on your SMART goals.



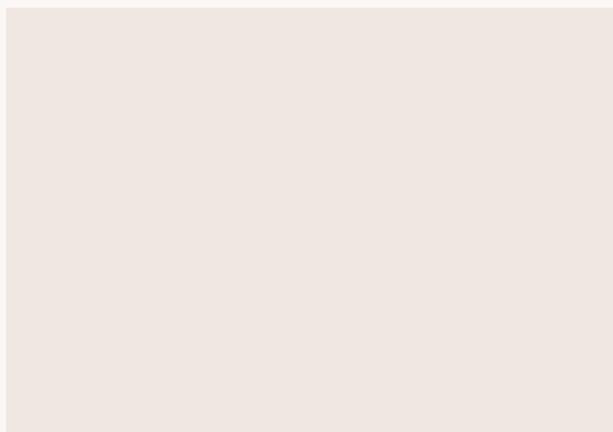
Action Plan—what steps do you need to take? Date

Action Plan—what steps do you need to take?	Date

Potential Obstacles



Potential Solutions



Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

03

Embracing Change and Setting Goals

Exercise: Obstacle Identification Exercise

Identifying potential obstacles and developing strategies to overcome them is essential for successfully achieving your goals. Follow the steps below to identify potential obstacles and develop strategies to overcome them:

1. Identify Potential Obstacles:

- Take a moment to brainstorm potential obstacles while pursuing your goal. These obstacles could be external factors, such as time constraints or financial limitations, or internal factors, such as self-doubt or lack of motivation.
- Write down each potential obstacle as precisely as possible.

2. Reflect on Past Challenges:

- Reflect on any similar goals or challenges you've faced in the past. What obstacles did you encounter? How did you overcome them?
- Use your past experiences to identify potential obstacles and develop strategies to address them.

3. Anticipate Internal Obstacles:

- Consider any internal obstacles that may arise, such as fear of failure, perfectionism, or negative self-talk.
- Acknowledge these potential barriers and explore ways to shift your mindset and overcome them.

4. Develop Strategies to Overcome Obstacles:

- For each potential obstacle you've identified, brainstorm possible strategies to overcome it.
- Think creatively and consider both proactive and reactive approaches. For example, if time constraints are an obstacle, you could try time-blocking your schedule or delegating tasks to free up more time for your goal.

5. Seek Support and Accountability:

- Don't hesitate to seek support from friends, family, or mentors who can offer guidance, encouragement, and accountability.
- Consider forming an accountability group or partnering with a buddy who shares similar goals and can help keep you motivated and accountable.

Step Worksheets and Exercises for Each Chapter

Reflection:

- Take a moment to reflect on the potential obstacles you've identified and the strategies you've developed to overcome them.
- Ask yourself:
 - How confident do I feel in my ability to overcome these obstacles?
 - Can I leverage any additional resources or support systems to help me navigate challenges?
 - How can I stay resilient and adaptable in the face of adversity?

Action Plan:

- Create a plan of action that incorporates the strategies you've developed for overcoming potential obstacles.
- Review your plan regularly and adjust it based on your progress and evolving circumstances.
- Stay flexible and open-minded, and remember that challenges are opportunities for growth and learning.

Obstacle Identification Exercise

Identify Potential Obstacles

Take a moment to brainstorm your obstacles while pursuing your goal.

Reflect on Past Challenges

Reflect on any similar goals or challenges you've faced in the past. What obstacles did you encounter? How did you overcome them?

Anticipate Internal Obstacles

Consider any internal obstacles that may arise, such as fear of failure, perfectionism, or negative self-talk.

Develop Strategies to Overcome Obstacles

For each potential obstacle you've identified, brainstorm possible strategies to overcome it.

Seek Support and Accountability

Don't hesitate to seek support from friends, family, or mentors who can offer guidance, encouragement, and accountability.

Obstacle Identification Exercise

Reflection

Take a moment to reflect on the potential obstacles you've identified and the strategies you've developed to overcome them.

Action Plan

- Create a plan of action that incorporates the strategies you've developed for overcoming potential obstacles.
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Step Worksheets and Exercises for Each Chapter

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04

Taking Control of Your Life

Time Management Matrix

Assessing how you spend your time and prioritizing tasks that align with your authentic priorities is crucial for taking control of your life. Use the Time Management Matrix below to categorize your activities and identify areas for improvement:

Quadrant 1: Important and Urgent (Do First):

- Activities in this quadrant are both essential and urgent. They require immediate attention and should be addressed promptly.
- Examples include dealing with crises, meeting tight deadlines, and handling emergencies.
- Prioritize tasks in this quadrant to prevent them from becoming overwhelming or escalating into larger problems.

Quadrant 2: Important but Not Urgent (Schedule):

- Activities in this quadrant are essential for achieving your long-term goals and values but are not necessarily urgent.
- Examples include long-term planning, relationship building, personal development, and self-care.
- Schedule time for activities in this quadrant to proactively invest in your future and prevent them from becoming urgent crises.

Quadrant 3: Urgent but Not Important (Delegate or Limit):

- Activities in this quadrant may seem urgent but are not necessarily important in the grand scheme.
- Examples include interruptions, unnecessary meetings, emails, phone calls, and minor tasks.
- Delegate or limit activities in this quadrant to free up time and energy for more meaningful endeavours.

Quadrant 4: Not Important and Not Urgent (Eliminate or Minimize):

- Activities in this quadrant are neither important nor urgent and often serve as distractions or time-wasters.
- Examples include excessive social media browsing, mindless internet surfing, gossiping, and other low-value activities.
- Eliminate or minimize activities in this quadrant to reclaim time for activities that align with your authentic priorities.

Step Worksheets and Exercises for Each Chapter

Reflection:

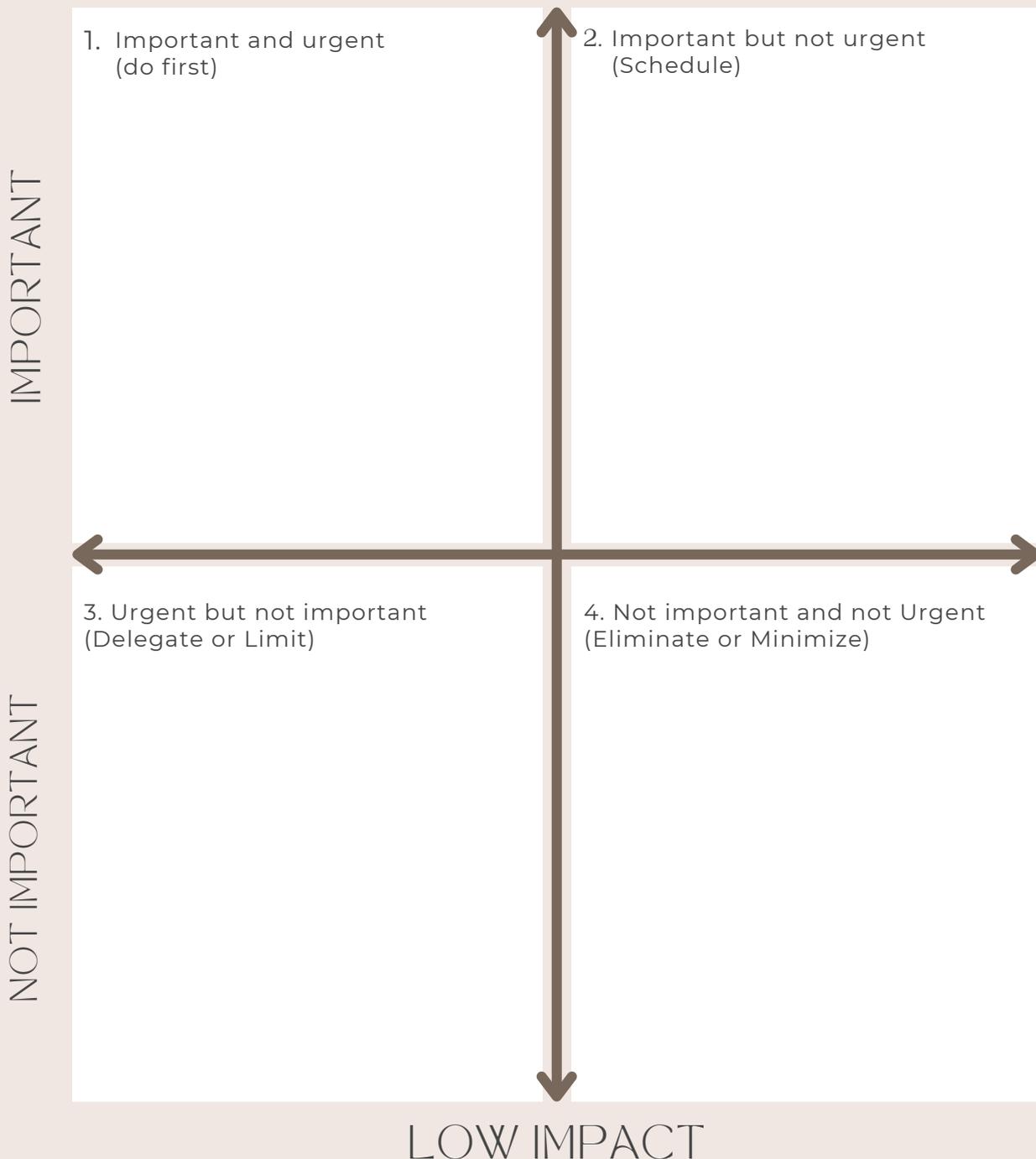
- Reflect on how you spend time and categorize your activities into the appropriate quadrants.
- Consider how your time allocation reflects your values, goals, and priorities.
- Identify any patterns or areas where you may need to adjust to better align your time with what matters most.

Action Plan:

- Use the Time Management Matrix to create a plan for optimizing your time and energy.
- Schedule regular reviews to assess your progress and make any necessary adjustments to your time management strategies.
- Stay mindful of your authentic priorities and be intentional about how you invest your time and attention. Remember, every moment is an opportunity to live in alignment with your true self.

Time management matrix

Assessing how you spend your time and prioritizing tasks that align with your authentic priorities is crucial for taking control of your life. Use the Time Management Matrix below to categorize your activities and identify areas for improvement.



Time management matrix

Reflection

Reflect on how you spend time and categorize your activities into the appropriate quadrants.

Action Plan

- Use the Time Management Matrix to create a plan for optimizing your time and energy.
- Schedule regular reviews to assess your progress and make any necessary adjustments to your time management strategies.
- Stay mindful of your authentic priorities and be intentional about how you invest your time and attention. Remember, every moment is an opportunity to live in alignment with your true self.

Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

04

Taking Control of Your Life

Habit Tracker

Tracking your progress in building healthy habits is essential for taking control of your life and creating positive change. Use the Habit Tracker below to monitor your habits and identify areas for improvement:

1. List of Habits:

- Start by listing the healthy habits you want to develop. These could include habits related to physical health, mental well-being, personal development, relationships, and productivity.
- Examples of habits to track may include exercising, meditating, journaling, reading, practising gratitude, spending quality time with loved ones, and limiting screen time.

2. Tracking Grid:

- Create a grid or table with columns for each day of the week and rows for each habit you want to track.
- Label each column with the corresponding day (e.g., Monday, Tuesday, etc.) and each row with a specific habit.

3. Daily Tracking:

- Each day, mark off whether you successfully completed each habit. You can use checkmarks, crosses, or colours to indicate your progress.
- Be honest with yourself and strive for consistency, but also recognize that it's okay to miss a day occasionally. The goal is progress, not perfection.

4. Reflection:

- At the end of each week, take some time to reflect on your habit-tracking data.
- Review which habits you were consistent with and which you struggled to maintain.
- Identify any patterns or trends in your behaviour and consider what factors may have contributed to your successes or challenges.

5. Adjustment and Improvement:

- Use your habit-tracking data to identify improvement areas and adjust your habits and routines as needed.
- Set realistic goals for improvement and experiment with different strategies to help you stay on track.

Reflection Questions:

- What habits am I currently tracking, and why are they important?
- How consistently have I maintained these habits, and what factors have influenced my success or lack thereof?
- What adjustments can I make to my habits and routines to better align them with my goals and priorities?

Action Plan:

- Commit to consistently tracking your habits daily.
- Use your habit-tracking data to inform your decision-making and prioritize areas for improvement.
- Celebrate your successes and use any setbacks as learning opportunities to help you continue growing and evolving on your journey towards a healthier, happier life.

HABIT TRACKER

GOAL

	M	T	W	T	F	S	S
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						

WHAT WORKED

TO IMPROVE ON

Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

05

Living Authentically Every Day

Gratitude Journal

Cultivating gratitude is a powerful practice that can help you live authentically daily and enhance your overall well-being. Use the Gratitude Journal below to record three things you're grateful for each day:

1. Daily Entries:

- Set aside a few minutes each day to reflect on what you're grateful for.
- Write down three specific things you're grateful for, big or small. These could be moments of joy, acts of kindness, personal accomplishments, or the presence of loved ones.

2. Reflection:

- After recording your daily gratitudes, take a moment to reflect on each one.
- Consider why each thing you're grateful for is meaningful to you and how it has positively impacted your life.

3. Consistency:

- Make gratitude journaling a daily habit by incorporating it into your morning or evening routine.
- Consistency is crucial in reaping the benefits of gratitude, so aim to journal every day, even when life gets busy or challenging.

4. Variety:

- Challenge yourself to find new things to be grateful for each day.
- It can help you expand your awareness of the abundance and beauty in your life, even during difficult times.

Reflection Questions:

- What are three things I'm grateful for today, and why?
- How does practising gratitude influence my mindset and overall well-being?
- How can I incorporate more moments of gratitude into my daily life?

Action Plan:

- Commit to journaling three gratitudes every day for at least one month.
- Notice any shifts in your perspective, mood, or behaviour from practising gratitude regularly.
- Share your experiences and insights with others to inspire them to cultivate gratitude in their own lives. Remember, gratitude is a gift that keeps giving, so embrace it fully and watch as it transforms your life.

DAILY GRATITUDE

/ /

What are three things I'm grateful today, and Why?

1 _____
2 _____
3 _____

How does practising gratitude influence my Mindset and overall well-being?

How can I incorporate more moments of gratitude into my daily life?

How did I interact with others today, and how did these interactions impact me?

Did I communicate authentically and assertively, or did I hold back or act out of alignment with my true self?

DAILY GRATITUDE

/ /

ACTION PLAN

- Commit to journaling three gratitudes every day for at least one month.
- Notice any shifts in your perspective, mood, or behaviour from practising gratitude regularly.
- Share your experiences and insights with others to inspire them to cultivate gratitude in their own lives. Remember, gratitude is a gift that keeps giving, so embrace it fully and watch as it transforms your life.

Step Worksheets and Exercises for Each Chapter

To enhance your journey towards living authentically, here are worksheets and exercises tailored to each chapter of the book:

05

Living Authentically Every Day

Self-Reflection Questions

Self-reflection is a powerful practice that promotes introspection and self-awareness, helping you live authentically daily. Use the Self-Reflection Questions below to reflect on your day and deepen your understanding of yourself:

1. Gratitude:

- What am I grateful for today, and why?
- How did expressing gratitude enhance my sense of well-being?

2. Successes:

- What accomplishments am I proud of today, big or small?
- How did these successes align with my values and goals?

3. Challenges:

- What challenges did I encounter today, and how did I handle them?
- What lessons did I learn from facing these challenges?

4. Emotions:

- What emotions did I experience today, and what triggered them?
- How did I respond to these emotions, and were there any patterns or themes?

5. Interactions:

- How did I interact with others today, and how did these interactions impact me?
- Did I communicate authentically and assertively, or did I hold back or act out of alignment with my true self?

6. Self-Care:

- How did I prioritize self-care today, and what activities brought me joy and fulfilment?
- What can I do better to nurture my physical, mental, and emotional well-being tomorrow?

7. Alignment with Values:

- Did my actions and decisions today align with my core values and beliefs?
- If not, what adjustments can I make to align more with my authentic self?

Reflection:

- Set aside time each evening to journal or meditate on these self-reflection questions.
- Be honest and non-judgmental in your responses, allowing yourself to explore your thoughts and feelings openly.
- Use your reflections to gain insight into yourself and identify areas for growth and improvement.

Action Plan:

- Commit to practising self-reflection daily to deepen your self-awareness and live more authentically.
- Use your insights to guide your actions and decisions, striving to align your life with your true values and aspirations.
- Share your self-reflection journey with trusted friends or mentors for additional support and accountability. Remember, self-awareness is the first step towards personal transformation, so embrace the process wholeheartedly and watch as it enriches your life profoundly.

Daily Self-Reflection

Self-reflection is a powerful practice that promotes introspection and self-awareness, helping you live authentically daily. Use the Self-Reflection Questions below to reflect on your day and deepen your understanding of yourself:

Date:

Gratitude

What am I grateful for, and Why?

What did expressing gratitude enhance my sense of well-being?

Successes

- What accomplishments am I proud of today, big or small?
- How did these successes align with my values and goals?

Challenges:

- What challenges did I encounter today, and how did I handle them?
- What lessons did I learn from facing these challenges?

Emotions:

- What emotions did I experience today, and what triggered them?
- How did I respond to these emotions, and were there any patterns or themes?

Daily Self-Reflection

- Interactions**
- How did I interact with others today, and how did these interactions impact me?
 - Did I communicate authentically and assertively, or did I hold back or act out of alignment with my true self?

- Self-Care**
- How did I prioritize self-care today, and what activities brought me joy and fulfillment?
 - What can I do to better nurture my physical, mental, and emotional well-being tomorrow?

- Alignment with Values**
- Did my actions and decisions today align with my core values and beliefs?
 - If not, what adjustments can I make to live more in alignment with my authentic self?

Additional Resources:

Books, Website, Online Programs, Mentoring, Social Media, Contact info

Books:

- **"Claim Your Authenticity: A Journey to Self-Discovery"** by Renata Rutjes – Explore the comprehensive five-step process to reclaim your authenticity and live a fulfilling life.

Websites:

- **Renata Rutjes' Website** – Access articles, resources, and updates on living authentically and personal growth. [Visit Website](#)

Online-Programs:

- **"Discover Your Authentic Self and Take Control of Your Life":** [Join the Program](#)

Mentoring Sessions:

- **One-on-One Mentoring with Renata Rutjes** – Personalized mentoring sessions to help you navigate your journey towards authenticity and personal growth. Gain insights, receive guidance, and develop strategies tailored to your unique needs and aspirations.

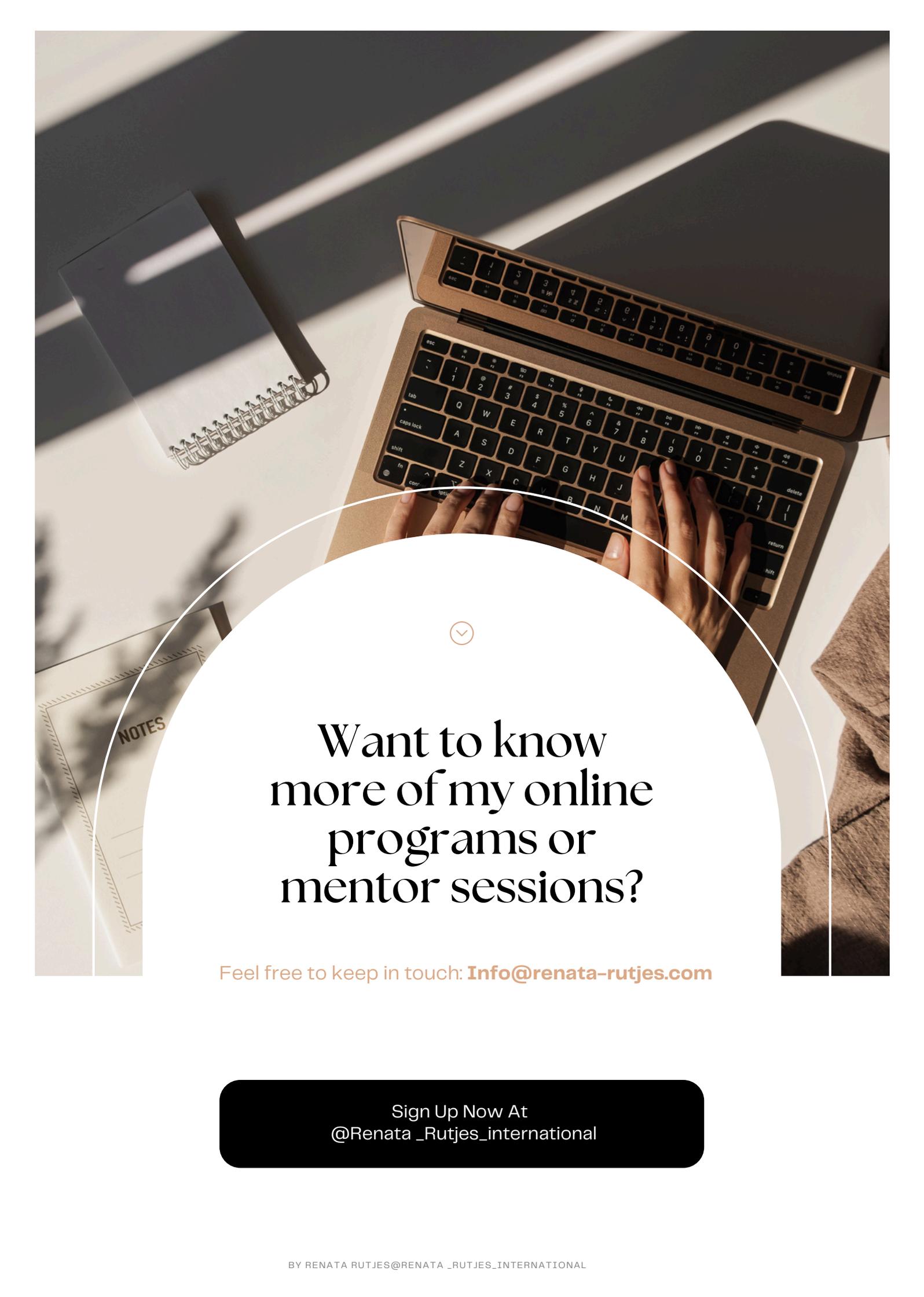
For more information and updates, connect with me on my social media platforms and explore my online program:

- **Email:** info@renata-rutjes.com
- **Website:** renata-rutjes.com
- **LinkedIn:** [Renata Rutjes](#)
- **Instagram:** [@renata_rutjes_international](#)
- **Online Program:** "Discover Your Authentic Self and Take Control of Your Life": [Join the Program](#)

INSPIRATION

**EMBRACE THE
WORLD** *around*
YOU AND LET IT
shape **YOUR
WAY.**

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Want to know
more of my online
programs or
mentor sessions?

Feel free to keep in touch: Info@renata-rutjes.com

Sign Up Now At
[@Renata_Rutjes_international](https://www.instagram.com/Renata_Rutjes_international)

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- Thank you for reading this small print. The above story is all standard legal nonsense, but we would like to have it communicated clearly to you.