

# FINDING YOUR AUTHENTIC SELF

The first step in showing up authentically in public is being comfortable with your authentic self in private. What do you really think and feel when nobody is around to challenge you? What are your interests and opinions when there is no judgment or consequences?

Get comfortable with your authentic self by answering the questions below. Then, when you're done, destroy this page! That's right: crumple it, shred it, toss it in the recycling bin. Nobody will ever read your answers, so there's no reason not to show up authentically.



Something I love that others would think is totally weird (e.g. a strange food combination or a cheesy TV show)...

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Last time I had an argument, if I could have said what I REALLY felt, I would have told them...

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If I could have any job, regardless of income or social status, I'd LOVE to spend my days...

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**CLASSIFIED**

When I'm alone at home and nobody can see or hear what I'm doing, I totally...

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Politically, I tend to think...

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My parents would be shocked if they'd known I...

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As for my friends, the people with whom I feel most comfortable are...

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Because they... \_\_\_\_\_

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**CONFIDENTIAL**