



The Authenticity Action Planner

"Your Compass for Daily Living & Inspired Action"

Introduction: Crafting Your Authentic Days

Welcome to your Authenticity Action Planner! This sacred space is where your deepest desires meet daily, intentional action. We're moving beyond just knowing yourself to actively being yourself, every single day. Just as we discussed in our webinar, this planner is about making conscious choices that align with your true self, transforming your life from the inside out.

Remember, every small step you take towards your ideal self is a powerful act of self-love and will raise your self-image. This planner provides the structure to do just that, consistently and with joy.

Section 1: My Weekly Authenticity Intention

At the start of each week, set a clear, soulful intention that will guide your actions and reflections. This connects directly to the themes of "The Authentic Self Blueprint," helping you focus your energy and make deliberate choices.

How to Use:

- **Reflect:** Look at the module you are currently working through in "The Authentic Self Blueprint" or the area of authenticity that feels most pressing right now.
- **Choose One Intention:** What is the most important aspect of your authentic self you want to embody or cultivate this week?
- **Write it Down:** Phrase your intention positively and present-tense.

Example Prompts for Setting Your Intention:

- "This week, my intention is to consciously observe my self-talk and replace critical thoughts with compassionate ones, as I learned in Module 3: Accepting Yourself."
- "This week, I will dedicate time to explore one activity that truly ignites my passion, drawing from Module 5: Determine Your Life Purpose, to design my life around what I love most."
- "This week, I choose to honor my energy by setting clear boundaries, embracing lessons from Module 6: Living Authentically."
- "This week, I will actively seek out my strengths and celebrate small successes, embodying Module 4: Love Who You Are."

My Weekly Authenticity Intention:

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Section 2: Daily "Authentic Action" Prompts

These prompts encourage small, consistent actions that reinforce your authentic self. Each day offers a gentle nudge to connect with your true essence and integrate course teachings into your life. Simply pick one or two prompts that resonate with you each day.

How to Use:

- At the start of each day, review the prompts and choose one that feels aligned with your weekly intention or current needs.
- Throughout the day, notice your thoughts and feelings as you engage in authentic actions.
- At the end of the day, quickly jot down your reflections.

Daily Reflection & Action Prompts:

- Monday: Self-Awareness & Observation
 - “What thoughts arose today, and how did they serve my authentic self?”
 - “How did I notice my feelings throughout the day, and what did they tell me?”
 - “One small decision I made authentically today was...”
- Tuesday: Releasing Limiting Beliefs
 - “What negative self-talk did I notice, and what kinder words did I choose instead?”
 - “How did I challenge a ‘should’ or an old expectation today?”
 - “I gave myself a fighting chance for self-acceptance by...”
- Wednesday: Self-Acceptance & Compassion
 - “In what moment today did I feel comfortable showing myself to the world, just as I am?”
 - “How did I speak to myself like a good friend today?”
 - “I consciously nurtured my self-concept by...”
- Thursday: Celebrating My Unique Self
 - “What talent or skill did I acknowledge in myself today?”
 - “How did I avoid underestimating myself, and what did I try to achieve?”
 - “One accomplishment, big or small, I’m proud of today is...”
- Friday: Purpose & Passion Integration

- “What activity brought me genuine joy today, and why?”
- “How did a decision I made today align with my core values?”
- “One thing I did today that moved me closer to my life purpose was...”
- Saturday: Authentic Living & Well-being
 - “What positive change did I make today to enhance my self-concept in my health, social life, or finances?”
 - “How did I give of myself today, and how did that boost my self-esteem?”
 - “I honored my energy today by...”
- Sunday: Reflection & Recharging
 - “What insights did I gain about myself or my journey today?”
 - “How am I making time for reflection, even for 30 minutes?”
 - “I prepared for an authentic week ahead by...”

Section 3: Progress & Perception Tracker

This tracker helps you visibly monitor your journey and celebrate incremental progress. Feeling good about yourself at every opportunity enhances your self-concept. Focus on your small victories and be proud of your progress.

How to Use:

- At the end of each day, give yourself a rating (1-10) for how you felt in key areas.
- Add notes for specific examples of progress or insights.
- Compare your ratings week-to-week; aim for consistent improvement, even small ones, over comparing yourself to others.

Day	Overall Confidence (1–10)	Inner Peace (1–10)	Alignment with Values (1–10)	Notes & Small Wins (e.g., “I spoke up for myself in a meeting”)
Week 1				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Day	Overall Confidence (1–10)	Inner Peace (1–10)	Alignment with Values (1–10)	Notes & Small Wins (e.g., “I spoke up for myself in a meeting”)
Week 2				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Day	Overall Confidence (1–10)	Inner Peace (1–10)	Alignment with Values (1–10)	Notes & Small Wins (e.g., “I spoke up for myself in a meeting”)
Sunday				

Section 4: Shatter & Rebuild Reflection Pages

This powerful exercise, directly applying insights from Module 2: Giving Yourself a Self-Concept Makeover, helps you identify, challenge, and transform limiting beliefs that hold you back. Remember, you weren't born with these beliefs; you learned them, and you can discard them.

How to Use:

- Choose one negative belief about yourself that you want to challenge.
- Follow the prompts to dismantle the old belief and construct a new, empowering one.

1. The Limiting Belief (Old Story):

- What is a negative belief you currently hold about yourself? (e.g., "I'm not good with money," "I'll never find a fulfilling career.")

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2. Where Did It Come From? (Excavation):

- When did you first notice this belief?
- Who or what influenced this belief (e.g., parents, a past experience, a single failure)?
- Is the source of this criticism credible?

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3. The Cost of This Belief (Impact Assessment):

- How has this belief negatively impacted your life, relationships, or career?
- What opportunities have you missed because of it?
- How does this belief make you feel?

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4. Challenging the Evidence (Truth-Seeking):

- What evidence do you have that this belief isn't entirely true? (Think of counter-examples, small successes, or times it didn't apply.)
- Is the evidence for this belief truly sufficient? (e.g., Is one failed attempt at a business enough to conclude "I'll never succeed"?)

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5. The Empowering Truth (New Story):

- Based on your insights, what is an alternate, healthier, and more empowering belief you choose to adopt instead? (e.g., "I am capable of learning and growing my financial literacy," "I am open to discovering a career that aligns with my passions.")

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6. Building New Evidence (Action Plan):

- What small actions can you take this week to live out this new belief and gather more evidence for it? (e.g., "I will read one article on personal finance," "I will explore one new passion project for 30 minutes.")
- How will you "speak to yourself like a good friend" to reinforce this new belief?

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Section 5: Value-Aligned Goal Setter

This section helps you set SMART (Specific, Measurable, Action-Oriented, Realistic, Time-Oriented) goals that are deeply aligned with your core values and passions, as explored in Module 5: Determine Your Life Purpose. This is about designing your life around what you love most and proving to yourself that you can control your future.

How to Use:

- Start by clarifying what you truly want, not just what you think you should want.
- Work through the prompts to define your goal and align it with your authentic self.

1. What do I truly want? (Specific Outcome)

- What is the primary, big picture desired outcome for this area of my life (e.g., career, relationships, well-being)?
- "What's the one thing I've always wanted to do since I was a child?" or "If I could spend today doing whatever I wanted, what would I be doing?"

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2. Why do I want it? (Motivation & Impact)

- How will I feel when I achieve this? (Imagine it vividly, “future pace” yourself there)
- What higher purpose does this goal fulfill? What values does it align with?
- What is the "best part" about achieving this?

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3. What's holding me back? (Obstacles & Barriers)

- What potential challenges or fears might stop me or stand in my way?
- Are these fears "False Evidence Appearing Real (FEAR)"?

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4. What will I do? (Action Steps - SMART Goals)

- Break your biggest goal into 3 main stages or parts.
- For each stage/part, define Specific, Measurable, Action-Oriented, Realistic, Time-Oriented (SMART) steps.
- What is the very first logical step I will take?

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My SMART Goal Breakdown:

Goal Area: (e.g., Career, Health, Relationships)

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My Specific Goal:

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Why it matters to me:

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Target Completion Date:

Stage 1: (e.g., Exploration)	Action Steps (Specific & Dated):	Obstacles to Anticipate:
	1. 2. 3.	

Stage 2: (e.g., Planning)	Action Steps (Specific & Dated):	Obstacles to Anticipate:
	1. 2. 3.	

Stage 3: (e.g., Implementation)	Action Steps (Specific & Dated):	Obstacles to Anticipate:
	1. 2. 3.	

Section 6: Weekly "Win & Learn" Review

This reflective practice helps you acknowledge your efforts, celebrate achievements, and extract lessons from your experiences, fostering a positive self-concept and motivation. It directly supports the idea that feeling good about progress enhances self-concept.

How to Use:

- At the end of each week, sit with these questions and write down your honest reflections.
- Focus on what went well and what you learned, rather than dwelling on perceived failures.

Weekly Review:

Date: _____

1. My Top 3 Wins This Week:

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2. Key Learnings & Insights:

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3. My Commitment for Next Week:

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