



Thank you for reaching out for the worksheets in *Unapologetically You!* Following through this work will pay off for you in so many ways. Once you've put these ideas to work for you, I hope you'll let me know how you are doing on your authentic journey.

All the best,

Robin Andrews

Your Authenticity Life Coach

Now It's Your Turn: Discover Your Authentic Values Worksheet

From *Unapologetically You! 32 Ways to Embrace Your True Self*, page 24

Understanding your values is a crucial step on your journey to authenticity. Your values are the principles and beliefs that guide your decisions and actions. They shape who you are and what truly matters to you. This worksheet will help you explore and identify your core values. Fill out this worksheet to help you identify and align with your values on your path to authenticity. Remember that your values can evolve over time, so it's essential to regularly check in with yourself and make adjustments as needed.

Step 1: List Your Values

Start by brainstorming a list of values that resonate with you. Below, you'll find some examples to get you started. Feel free to add your own.

Example Values:

- Integrity
- Family
- Adventure
- Creativity
- Empathy
- Freedom
- Health
- Knowledge
- Success
- Loyalty

Your Values:

Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5: _____

Step 2: Prioritize Your Values

Now, let's prioritize your values. You may have many values, but it's essential to identify your top values—the ones that are most important to you. Imagine you can choose only three values from your list. Which three would you choose?

Priority Values:

Value 1: _____

Value 2: _____

Value 3: _____

Step 3: Reflect and Analyze

Take some time to think about why these values are important to you. Write down a brief explanation or example for each of your priority values.

Value 1 Explanation:

- Why is this value important to you?

- Share an example of a time when you honored this value.

Value 2 Explanation:

- Why is this value important to you?

- Share an example of a time when you honored this value.

Value 3 Explanation:

- Why is this value important to you?

- Share an example of a time when you honored this value.

Step 4: Aligning Your Life

Now, consider whether your daily actions and decisions align with your priority values. Are there areas of your life where you're not living in line with these values? If so, how can you bring more authenticity to those areas?

Alignment with Values:

- Identify one area of your life where you feel you're not living in alignment with your priority values.

- How can you make changes to better align your actions with your values?

Living true to your values is a continuous journey. Revisit this worksheet periodically to reaffirm your values or make adjustments as your life evolves. Living authentically means staying true to your core values and using them as a compass in your journey.

Now It's Your Turn: Lead Authentically Worksheet

From *Unapologetically You! 32 Ways to Embrace Your True Self*, page 49

Authenticity as a leader is a valuable tool for personal and professional development. Through this worksheet, you will take the concepts of authenticity in leadership covered in Chapter Two and explore how they impact and guide your life. Everyone has the potential to be a leader, but true leadership is rooted in authenticity. By the end of this worksheet, you will have a clearer understanding of your authentic leadership style and how to apply it effectively.

1. Understanding Authentic Leadership

- How do you view authentic leadership? Define it.

- Why does authentic leadership matter versus inauthentic?

- Write out how you will show up as an authentic leader and what you will stop that is inauthentic.

2. Self-Reflection: My Leadership Journey

- Describe key moments that have shaped your leadership style.

- What experiences have influenced your values and beliefs as a leader?

3. Authentic Leadership Qualities

- List and define key qualities of authentic leaders (e.g., empathy, integrity, self-awareness, transparency, etc.).

4. Self-Reflection: My Leadership Qualities

- Write down your top three leadership qualities.

5. Identifying Your Core Values

- Reflect on your personal and professional values.

- What values are most important to you as a leader?

6. Self-Reflection: My Core Values

- Write down your top three core values and explain why they are important to you as a leader.

7. Authentic Leadership Styles

- Explore different leadership styles (e.g., transformational, servant, democratic, etc.).

- How does your authentic leadership style align with these models?

8. Self-Reflection: My Leadership Style

- Identify your three dominant leadership styles.

- How do they align with your core values and authenticity?

9. Leading with Emotional Intelligence

- Discuss the role of emotional intelligence in authentic leadership (e.g., how can empathy and self-regulation enhance authenticity?).

10. Self-Reflection: Emotional Intelligence

- Assess your emotional intelligence.

- What steps can you take to improve your emotional intelligence as a leader?

11. Building Trust and Credibility

- Why is trust crucial for authentic leadership?

- Share examples of how trust has impacted your leadership.

12. Self-Reflection: Trust and Credibility

- Reflect on your trust-building abilities.
- What can you do to enhance trust in your leadership?

13. Leading with Purpose

- Explore the significance of having a clear leadership purpose (e.g., how has having a sense of purpose guided your leadership decisions?).

14. Self-Reflection: My Leadership Purpose

- Define your leadership purpose or mission.

- How does it connect with your authentic self?

15. Overcoming Leadership Challenges

- Identify common challenges faced by authentic leaders.

- Share personal experiences and strategies for overcoming these challenges.

16. Self-Reflection: Overcoming Leadership Challenges

- Write down how you will overcome your leadership challenges.

17. Creating Your Authentic Leadership Action Plan

- Summarize your key takeaways from this chapter.

- Develop a plan for becoming a more authentic leader.

Remember that authentic leadership is an ongoing journey. Continuously reflect on your values, leadership style, and the impact you have on others. By embracing your authenticity, you can lead with greater purpose and make a positive difference in your personal and professional life.

Now It's Your Turn: Love Authentically Worksheet

From *Unapologetically You! 32 Ways to Embrace Your True Self*, page 77

Love, often considered one of the most powerful human emotions, has a significant impact on your sense of self and your ability to be true to who you are. Likewise, authenticity, the practice of being genuine and true to oneself, plays a pivotal role in the quality and depth of the love we experience and share with others. In this worksheet, we delve into the relationship between love and authenticity through a series of thought-provoking questions and prompts.

By the end of this worksheet, you should have a deeper understanding of how love and authenticity intersect in your life and how nurturing both can lead to more meaningful connections with yourself and those around you.

Find a quiet and comfortable place where you can focus on this exercise without distractions. Print or write down the questions and prompts provided below. Leave enough space to record your thoughts and reflections.

Take your time to contemplate each question. There are no right or wrong answers—only your own personal insights and experiences. Be honest with yourself. Authenticity is about embracing your true feelings and thoughts.

Questions and Prompts:

1. How do you define love? Write down your personal definition of love, considering its various forms (e.g., romantic love, platonic love, self-love).

2. Reflect on a time when you felt deeply loved and accepted by someone. What emotions and sensations did you experience during that moment?

3. Consider a time when you were able to express your authentic self without fear of judgment or rejection. What enabled you to be authentic in that situation? How did it make you feel?

4. Think about a relationship or situation where you felt the need to hide your true self or wear a mask. What were the reasons behind this? How did it impact your well-being and the quality of that connection?

5. How do practicing self-love and self-acceptance contribute to your ability to be authentic with others? Share some examples from your life.

6. Explore the idea of vulnerability in the context of love and authenticity. When have you felt vulnerable, and how did it affect your relationships or your sense of self?

7. Consider the role of empathy and compassion in nurturing love and authenticity. How do these qualities influence your interactions with others and yourself?

8. Think about a person you deeply care about. How does your love for them affect your ability to be authentic in your relationship? How do you believe their love for you impacts your authenticity?

9. What steps can you take to cultivate a deeper sense of authenticity in your life? How can this, in turn, enhance the love you give and receive?

10. Summarize the connection between love and authenticity based on your reflections in this exercise.

Take your time with each question and remember that self-discovery is a continuous journey. After completing this exercise, you may find it valuable to revisit your responses periodically to track your progress in embracing both love and authenticity in your life.

Start Your Authentic Journey Worksheet

From *Unapologetically You! 32 Ways to Embrace Your True Self*, page 116

In this worksheet, you will outline a plan to help you embrace your authentic self. Authenticity is the key to living a fulfilling and genuine life, and soon, you will have a roadmap to help you navigate this journey.

Step 1: Self-Reflection

Take some time to reflect on your life and identify moments when you felt most authentic. What were you doing, and how did it make you feel? Example: I felt most authentic when I was painting. It allowed me to express my creativity and brought me a sense of joy and fulfillment.

Now consider any past experiences or situations where you felt pressured to be someone you're not. What were the reasons behind this, and how did it affect you? Example: In my previous job, I often felt the need to conform to the company's culture, even if it didn't align with my values. This made me feel disconnected and stressed.

Step 2: Setting Authenticity Goals

Define specific goals that will help you live in alignment with your authentic self. Example: Goal 1: Find a job that allows me to use my creative skills and be true to myself. Goal 2: Start a personal art project to nature my creativity.

Now, break down these goals into smaller, actionable steps. Example: For Goal 1, the steps could include updating my resume, networking with like-minded professionals, and attending job fairs. For Goal 2, I could set aside dedicated time each week for my art project.

Step 3: Embracing Vulnerability

Understand that authenticity often involves vulnerability. Identify areas where you may need to be more vulnerable in your life. Example: I need to be more open with my friends and family about my desire to pursue a creative career, even if it means facing potential criticism or rejection.

Next, consider how being vulnerable in these areas can lead to personal growth and stronger connections with others. Example: Sharing my dreams with loved ones can lead to their support and understanding, creating deeper bonds.

Step 4: Practice Self-Compassion

Remember that embracing authenticity is a journey, and it's okay to make mistakes along the way. Example: If I encounter setbacks or rejections in my pursuit of a creative career, I will remind myself that it's part of the process and an opportunity to learn and grow.

Now, develop self-compassion practices, such as positive self-talk and self-care, to support yourself during challenging times. Example: I will practice mindfulness meditation to stay grounded and offer myself words of encouragement when facing self-doubt.

Unapologetically You! 32 Ways to Embrace Your True Self

Embracing your authentic self is a courageous and empowering journey. Use this plan as a starting point, and continue to explore, learn, and grow. Remember, living authentically is a lifelong pursuit, and every step you take brings you closer to a more fulfilling life.

Best wishes on your journey! If you need some help along the way, or you'd like someone to guide you, take a look at one of the services I offer.

My Authenticity Life Coach services include an individual one-on-one coaching, below learn more about that service. For my information and scheduling, please go to here www.yourauthenticitylifecoach.com or email me at robin@yourauthenticitylifecoach.com .

Free Discovery Session

To help you determine if my coaching is the right fit for you, I offer a complimentary 30-minute Discovery Session. During this session, we'll get to know each other better, discuss your aspirations, and explore the challenges you may be facing.

Remember, this session is all about you! There's no pressure or obligation to commit to anything beyond the discovery session. My goal is to provide you with insights and value, allowing you to make an informed decision about investing in your growth journey with me.

Individual One-on-One Coaching

We will embark on a transformative journey to unlock your true potential so you can live an authentic and fulfilling life. My one-on-one coaching sessions offer a unique opportunity to explore your inner self, set meaningful goals, and overcome obstacles holding you back from reaching your full potential.

During our empowering sessions, we will delve deep into self-discovery, helping you gain insight into your values, strengths, and areas for growth. By exploring your core beliefs and limiting patterns, we can break free from old paradigms and unleash your true, authentic self. You will learn how to embrace your vulnerabilities, as they are the core of your strengths and uniqueness.

My coaching process is goal-oriented. Together, we will set clear and achievable objectives that align with your authentic self. Whether you seek to enhance your career, improve relationships, boost self-confidence, or find a sense of purpose, we will walk hand-in-hand toward your desired outcomes.

Throughout your coaching journey, you will be equipped with practical tools and strategies to navigate life's challenges confidently and authentically. I am dedicated to ongoing support, encouragement, and accountability, ensuring you stay on track to achieve your authentic goals.

Take the leap toward a more authentic and fulfilling life. Embrace your uniqueness, discover your passions, and manifest your dreams. Begin your transformational journey with Your Authenticity Life Coaching today. Your authentic life awaits!