



Jane Morris

Meet My Authentic Self ~ Training

Worksheets

thegetunstuckgirl.com

Instructions

Use this worksheet to explore and discover your highest, most authentic self.

Follow the steps outlined below to complete this exercise.

Reflect on the qualities you admire in others to uncover the strengths and attributes that also resonate within you.

STEP 01

List 10 People You Admire

* They can be fictional or real, people you know or people you don't know, performers, artists, authors, historical figures, friends, family, etc ..

	Name of person
01	
02	
03	
04	
05	
06	
07	
08	
09	
10	

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STEP 02

Attributes of Admiration



For each person listed in Step 1, write down what you admire about them. Focus on the specific attributes you admire. Even though many of these people will share the same attributes, only list them one time to avoid a muddled list.

Name	Attributes I Admire

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STEP 03

Heart Light Test

- * Review the list of attributes. Notice the attributes that light your heart up when you imagine embodying them. If in a perfect world you still wouldn't care if you exhibited a quality, get rid of it before moving on!

Review the list of attributes

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STEP 04

Comprehensive Attributes List



Compile all the admired attributes into a single list.

	Attributes
01	
02	
03	
04	
05	
06	
07	
08	
09	
10	

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STEP 05

Reflecting on Your Authentic Self

- * Rename the list of resonating attributes with your name. For any attribute you feel resistant to, write 3 personal examples of times that quality was demonstrated in you.

Attributes You Feel Resistant to Claiming	I Demonstrated This Quality When:

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