



DYAN WILLIAMS

Empowering Insights for Life, Work and Business

AUTHENTICITY WORKSHEET

Say “Yes” or “No” to the following statements based on what is truer for you. Your answers do not have to be 100% true all the time, but just more representative of your general attitudes and usual tendencies.

1. ____ I can fully appreciate and express my own uniqueness.
2. ____ I know what I want my life to stand for and I live in alignment with that knowledge.
3. ____ I usually do things because I truly want to, not because I want to look good or be liked by others.
4. ____ My sense of self-worth is independent of my material wealth, status, achievements, or other external factors.
5. ____ I am in touch with my true self and believe I am more than my self-image and persona.
6. ____ I can stay relaxed and grounded even when others disagree with me.
7. ____ I believe I am the best source of my own value and approval.
8. ____ I keep my agreements and know when to change them when they are not working.
9. ____ I am comfortable saying “no” to things that are not important to me and not required of me.
10. ____ I am more concerned with being myself than with impressing others or avoiding shame.

Individuals who practice authenticity generally have the attitudes and tendencies listed above. This worksheet is designed to help you explore your own level of authenticity and is not a quiz where you calculate your score.

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