

Week 3 Takeaway Sheet

Authenticity, Week 3: 8-17-26

Aligning Your Life With Your Values

When your life matches what matters most, confidence naturally follows.

1. Know What Matters Most to You

- Your values are your personal compass—they help you decide where your time, energy, and attention belong.
- Knowing what matters makes it easier to separate what's truly important from what's simply demanding your attention.
- Authenticity begins when you stop living by everyone else's priorities and start honoring your own.

2. Small Choices Shape Your Life

- Your life is built through everyday decisions, not just big, dramatic moments.
- Small choices that reflect your values help build trust and confidence in yourself.
- You don't need to overhaul your life—just keep choosing what matters a little more often.

3. Boundaries Protect Your Peace

- Boundaries aren't walls; they're a way of protecting your time, energy, and emotional well-being.
- You can be loving, generous, and kind without being available for everything and everyone.
- Every healthy boundary sends yourself the message: *what matters to me deserves protecting.*

4. Living in Alignment Feels Lighter

- When your choices match your values, there's less guilt, resentment, and inner conflict.
- Living authentically helps you trust your decisions instead of constantly second-guessing yourself.
- Alignment isn't perfection—it's continuing to bring your life back to what feels honest and important to you.