

Worksheet: Becoming More Fully You

Radiance, Week 4: 7-27-26

Living Authentically Creates Lasting Confidence

Purpose: To help you recognize where you're living for approval instead of authenticity, and gently begin choosing the version of you that feels most true.

1. Check In With Yourself

Complete the following:

I feel most like myself when...

I feel like I'm pretending when...

2. Where Are You Hiding?

Are there places where you make yourself smaller?

- ☐ I keep my opinions to myself.
- ☐ I apologize too often.
- ☐ I worry too much about what others think.
- ☐ I hide my talents.
- ☐ I say "yes" when I want to say "no."
- ☐ I compare myself to others.
- ☐ Other: _____

3. Celebrate the Real You

List five things that make you uniquely **you**.

- 1.
- 2.
- 3.
- 4.
- 5.

4. One Authentic Step

What is one thing you've wanted to do, say, wear, try, or change—but have been holding back because of other people's opinions? What is one small step you can take this week?