

Worksheet - Finding Your Way Back to You

Authenticity - Week 1: 8-3-26

1. Think about these questions and answer honestly.

- What are three situations where I usually say "yes" even when I really want to say "no"?
- This week, I noticed I put someone else's happiness ahead of my own when...

2. What was I afraid might happen if I had been honest?

- ☐ Someone would be disappointed.
- ☐ Someone might not like me.
- ☐ I would feel guilty.
- ☐ I didn't want conflict.
- ☐ Other: _____

3. Finish these sentences:

I deserve to...

It's okay for me to...

I don't have to...

4. One small way I can honor my own needs this week is: