

Class 1

Self-Reflection — Know Yourself Deeply

Becoming Your Authentic Self

Name:

Date:

Part 1: Who Are You?

Answer freely and without overthinking. Write what comes to mind.

When I am alone with no one watching, I am...

The values and beliefs that matter most to me are:

What brings me alive? When do I feel most like myself?

Part 2: The Masks We Wear

We all wear different masks in different situations. What mask do you wear most often?

In this situation...	I act like this...
<i>At work/school</i>	
<i>With family</i>	

<i>With close friends</i>	
<i>With strangers</i>	

Which mask feels most different from who you really are?

Part 3: Your Authentic Self Inventory

Rate how well each statement describes you.

I know what I truly want and need.

1 Not true	2	3 Somewhat	4	5 Very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am honest with myself about my strengths and weaknesses.

1 Not true	2	3 Somewhat	4	5 Very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I understand why I act the way I do in different situations.

1 Not true	2	3 Somewhat	4	5 Very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Part 4: Deeper Reflection

One thing I have learned about myself this week:

One question I want to explore more deeply:

"Authenticity is the daily practice of letting go of who we think we are supposed to be and embracing who we actually are."

— Brené Brown