



LIVE YOUR TRUTH WORKSHEET

From the time we are born we are constantly receiving messages about the world and our place in it. *We are informed about how we should behave, what we should believe, and who we should identify as from the external influences on our lives. Not only do our families, religion, schools, and social groups influence our identity, but they also influence our truths.*

The truths we hold about ourselves can be severely misaligned because we're either made to believe that our truth isn't acceptable, or we aren't allowed the space and freedom to express our authentic thoughts, feelings, or beliefs. *The fear of being outcast, shamed, not being loved or accepted is enough to keep anyone from revealing their truth. Even in the modern society we live in, people are still living according to someone else's definition of how they are "supposed" to live in an attempt to be "normal."*

The TRUTH is there is no normal. We were all created to be just as unique as our fingerprints. Think about it...no two people walking this earth have the same fingerprints. So, why should we live our life like anyone else? Take some time to reflect over your life.

Is there anything that you have always wanted to share that you felt like you could not? *Write it down here:*

Has anyone ever dismissed your truth or told you that your truth was not acceptable? *Write down what comes up here:*

Visualize what your life looks like/feels like living in your truth as your authentic self. *Write it down here:*

When you shift your awareness to the areas of your life that you want to transform, you begin to plant seeds of change. What 3 action steps can you take to start living in your truth?

1. _____
2. _____
3. _____